

Yeshiva College's Kosher Cuisine



A delightful blend of traditional & novel dishes



כס"ד

ישיבת בית יצחק
ע"ש מרן הגאון ר' יצחק קוסובסקי וצ"ל הרב לאונדס הקהילות בטרנסבלי

YESHIVA COLLEGE OF SOUTH AFRICA

(FORMERLY "BNEI AKIVA YESHIVA")

1995 JERUSALEM PRIZE

FOR JEWISH EDUCATION IN DIASPORA - OUTSTANDING SCHOOL

Av 5760

Dear friends,

I recall the story of the teacher who asked one of her pupils: "Do you pray before you eat?" to which the youngster replied "No, no, no - we definitely do not. You see, my mother is a very good cook".

As I observed Tracy Terespolsky and her committee of culinary experts preparing this Recipe Book, it occurred to me that we make brachot before we eat *only* because we want to thank Hashem for his great benefaction.

We thank our parents for the exciting recipes that will grace our tables.

I congratulate our PTA on this exciting effort and wish them every bracha v'hatzlacha.

Warmt Regards!

Sincerely,

Rabbi Avraham Tanzer
Rosh Yeshiva

FIRST ROSH YESHIVA
RABBI DR. M. KOSSOWSKY
זצ"ל

RABBI
AVRAHAM H. TANZER
של ישיבה
ROSH YESHIVA

CORNER LONG AVE
& RIDGE ROAD
GLENHAZEL
JOHANNESBURG
2192

TEL: 640-3111
FAX: 485-1674
PO BOX 28836
SANDRINGHAM 2131

E Mail:
yeshcol@uskonet.com
info@yeshivacollege.co.za

Yeshiva Boys High School

Leila Bronner Girls High
School

Menora Primary School

Isaac E. Goldberg and
Abraham Isaac Seeff
Yeshiva Nursery Schools

Aronovsky Hostel Building

Mr Gerald Leissner (Chairman) Mr Ben Levert (Life President) Rabbi Joseph Bronner (President)
Mr David Slasky (Vice President) Mr Brian Gutkin (Fund Raising Convenor) Mr Jake Kersh (Executive Director)

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FOREWORD

It is with great pleasure that we, the 2000 Yeshiva College Schools PTA, present to you "YESHIVA COLLEGE'S KOSHER CUISINE".

"YESHIVA COLLEGE'S KOSHER CUISINE" is a delightful blend of traditional and novel recipes ranging from casual and everyday dishes to the more exotic and unusual – a sure win no matter what the occasion. These recipes are our very own tried and tested favourites, and we hope that you have as much satisfaction and joy in using the recipes as we have had in compiling them.

A great round of applause and thanks to the enthusiastic mothers and pupils of our wonderful school who have so generously contributed their recipes. Your enthusiasm and readiness to contribute to our "KOSHER CUISINE" is really very much appreciated. Many of the recipes that we received had no name attached, and so we have been unable to personally acknowledge their donors. In some cases a recipe was so popular that we had several similar variations, and we have therefore not acknowledged the source.

Very few people have the ability to create their own recipes without some sort of inspiration from magazines, food columns, recipe books and friends' dinner parties, so if you recognise a recipe from one of these sources, just accept that the recipe is worthy of re-publication and if it is one of your own recipes, well just feel extremely flattered that the person who contributed it to the book thought so highly of your food..

Thanks, too, to our many advertisers who have helped make this book possible and, because of their willing support, we ask you to please reciprocate the gesture. We would also like to thank our wonderful body of parents who have kindly sponsored pages or placed their names in our "Wall of Friendship".

Finally, congratulations and thanks are due to our special team of committed PTA members without whose dedication and efforts this recipe book would not have been possible.

We thank you for supporting our school and wish you many hours of happy cooking!

TRACY TERESPOLSKY
(PROJECT CONVENOR)
CHAIRPERSON YESHIVA COLLEGE PTA

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Advertising	Mike Krasner, Ashley Lazarus, Limor Azaraf, Sharon Levitas, Tracy Terespolsky, Heather Kalmonowitz, Mandy Bloch
Typing & Collating	Caryn Berman, Jessie Unterslak, Mandy Bloch, Barbara Solomon, Tracy Terespolsky, Bernice Charif, Sandi Mencer
Proof Reading	Cheryl Sulski, Mandy Bloch, Judy Levy, Ilana Singer, Heather Kalmonowitz, Barbara Solomon, Jessie Unterslak, Tracy Terespolsky, Sharon Levitas
Design & Layout	Jonathan Terespolsky
General Assistance	Perle Greenberg

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CONTRIBUTORS

Adi Lew
 Shelley Winer
 Heidi Herman
 Yael Grawitzky
 Pnina Ackerman
 Dawn Kohaly
 Sharon Tolkin
 Karin Chernick
 Merryl Nathan
 Glynis Sifris
 Debbie Lemmer
 Zeta Starograd
 Ilana Erster
 Robyn Sher
 Judy Levy
 Jenny Sidney
 Arlene Assness
 Keren Pelkowitz
 Andrea Disler
 Limor Azaraf
 Marc Chagall Restaurant
 Rozann Laufert
 Leigh Goldin
 Gary Friedman Caterers
 Ilona Duke
 Marietta
 Sheryl Meyerowitz
 Cheryl Sulski
 Marie Lessing
 Mali Vazana
 Esme Averbuch
 Perle Greenberg
 Nicky Cohen
 Charlene Abelson
 Louise Ancer
 Tobi Grossberg
 Sharon Tolkin
 Idan Chazan
 Caroline Hugo
 Anita Kowalski
 Simone Kahn
 Ann Munro
 Perle Greenberg
 Pippa Derfner

Shelley Tobias
 Sharin Nathan
 Travis Rabinowitz
 Caron Kruger
 Sylvia Ginsberg
 Ros Bacher
 Fiona Minsker
 Vee Michalow
 Mignon Milwid
 Shaneen-Lee Abrams
 Fiona Tuchten
 Sheena Wolovitz
 Hilary Blumenau
 Ariela Propheta
 Anita Kowalski
 Aura Netzer
 Devorah Immerman
 Tracy Terespolsky
 Mandy Bloch
 Hanna Raz
 Robyn Seid
 Linda Levy
 Dana Saus
 Ann Harris
 Merle Rakusin
 Ilana Singer
 Shana Azizollahof
 Megan Asoulin
 Mandy Meyerowitz
 Sheryl Kramer
 Belinda Jacobson
 Agnes Demby
 Barbara Solomon
 Devora Dollefeld
 Maureen Sandler
 Ruth Isaacson
 Sharon Newfield
 Ettie Klein
 Andy Stein
 Olga Levy
 Lynne Levison
 Yael Katz
 Jeanette Krasner
 Julie Shill

Jilly Suttner
 Rachel Suttner
 Serenne Kaplan
 Bardine Carno
 Janine Tuch
 Lucille Katz
 Karyn Warrington
 Rayna Esra
 Dina Kersh
 Lara Cohen
 Serena Gecelter
 Cheryl Smadja
 Lynne Urison
 Sandy Bartkunsky
 Shelley Blumberg
 Ava Freidus
 Barbara Solomon
 Jessie Unterslak
 Caryn Berman
 Marion Bloch
 Debbie Lubinsky
 Robyn Flax
 Janine Rubin
 Vivienne Olwyn
 Lydiaiah
 Marilyn Mendelsohn
 Monica Amoils
 Mrs. Kalmin
 Ruth Kinkel
 Debbie Weinstein
 Stella Mozessohn
 Kathy Kovacs
 Marilyn Chazan
 Madeline Levy
 Jennifer Fearnley
 Lynn Peretz
 Rita Reuben
 Barbara Bloomenstein
 Gayle Burbaitzky
 Bev Hirschowitz
 Selma Bacher
 Charlene Terespolsky
 Susan Terespolsky
 Tammi Nichols

A special acknowledgement to all our contributors who omitted to put their names on their recipes or who preferred to remain anonymous. Please know that your special dish is going to be gracing many a table in the years to come! To all our pupils who wrote out pages and pages of their families' favourite recipes, thank you for your enthusiasm and support!

CONVERSION TABLE

Metrication Chart

Mass - Weight (approximately)

½ ounce.....	15g
1 ounce.....	30g
2 ounces.....	60g
3 ounces.....	90g
4 ounces.....	125g
5 ounces.....	150g
6 ounces.....	180g
7 ounces.....	210g
½ pound.....	250g
1 pound.....	500g
2 pounds.....	1kg

Cake Tin Sizes

5 inches.....	125mm
6 inches.....	150mm
7 inches.....	180mm
8 inches.....	200mm
9 inches.....	230mm
10 inches.....	250mm
11 inches.....	280mm
12 inches.....	300mm

Fluid

1 fluid ounce.....	30ml
2 fluid ounces.....	60ml
¼ pint (5 fluid ounces).....	150ml
½ pint.....	300ml

½ ounce.....	425ml
1 ounce.....	575ml
2 ounces.....	900ml
3 ounces.....	1,0 L
4 ounces.....	2,0 L
5 ounces.....	2,5 L

Volume

The volume of 1 cup flour is for example, 250ml, but the weight (mass) is 140g

¼ cup.....	60ml
1/3 cup.....	80ml
½ cup.....	125ml
2/3 cup.....	170ml
¾ cup.....	190ml
1 cup.....	250ml
2 cups.....	500ml
4 cups.....	1 L
¼ teaspoon.....	1ml
½ teaspoon.....	2ml
1 teaspoon.....	5ml
2 teaspoons.....	10ml
3 teaspoons.....	15ml
1 dessertspoon.....	10ml
1 Tablespoon (small).....	12.5ml
1 Tablespoon (large).....	15ml

Oven Temperatures

Celsius

Fahrenheit

Very Cool

100° C	200° F
110° C	225° F
120° C	250° F

Cool

140° C	275° F
150° C	300° F
160° C	325° F

Celsius

Fahrenheit

Moderate

180° C	350° F
190° C	375° F
200° C	400° F

Hot

220° C	425° F
230° C	450° F
240° C	475° F

Very Hot

260° C	500° F
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Approximate Metric Equivalents for Basic Foods

	<i>Metric</i>	<i>British</i>	<i>American</i>
Almonds, blanched, whole	150 grams	5 ½ ounces	1 cup
Baking powder	4,3 grams	1 teaspoon (approx)	1 teaspoon (approx)
	30 grams	1 ounce	2 ½ Tablespoons
Breadcrumbs, dry	90 grams	3 ¼ ounces	1 cup
Breadcrumbs, fresh	45 grams	1 ½ ounces	1 cup
Butter	15 grams	½ ounce	1 Tablespoon
	125 grams	4 ounces	½ cup
Cheese	500 grams	1 pound (generous)	1 pound (generous)
Cheese (grated)	100 grams	4 ounces (scant)	1 cup (scant)
Coffee (ground)	85 grams	3 ounces	1 cup
Cornflour	10 grams	1/3 ounce	1 Tablespoon
Fish	500 grams	1 pound (generous)	1 pound (generous)
Flour (unsifted)	35 grams	1 3/16 ounces	¼ cup
	70 grams	2 3/8 ounces	½ cup
	142 grams	4 ¾ ounces	1 cup
	500 grams	1 pound (generous)	3 ½ cups
Flour (cake)	30 grams	1 ounce	¼ cup
	60 grams	2 ounces	½ cup
	120 grams	4 ounces	1 cup
Fruit (fresh)	500 grams	1 pound (generous)	1 pound (generous)
Fruit (dried)	500 grams	1 pound (generous)	2 cups
Gelatine	150 grams	5 1/3 ounces	1 cup
Meats	500 grams	1 pound (generous)	1 pound (generous)
Mustard (dry)	15 grams	½ ounce	2 Tablespoons
Rasins (seeded)	12 grams	2/5 ounce	1 Tablespoon
	200 grams	6 2/3 ounce	1 cup
Raisins (seedless)	10 grams	1/3 ounce	1 Tablespoon
	160 grams	5 1/3 ounces	1 cup
	500 grams	1 pound	3 cups
Rice	240 grams	8 ounces	1 cup
Spices (ground)	2 ½ grams	1/12 ounce	1 teaspoon
	15 grams	½ ounce	2 Tablespoons
Sugar (granulated)	5 grams	1/6 ounce	1 teaspoon
	15 grams	½ ounce	1 Tablespoon
	60 grams	2 ounces	¼ cup
	240 grams	8 ounces	1 cup
Sugar (castor)	34 grams	1 ounce (generous)	¼ cup
	68 grams	2 2/7 ounces	½ cup
	140 grams	4 4/7 ounces	1 cup
Sugar (icing)	35 grams	1 ounce (generous)	¼ cup
	70 grams	2 2/7 ounces	½ cup
	140 grams	4 4/7 ounces	1 cup
Sugar (brown)	10 grams	1/3 ounce	1 Tablespoon
	80 grams	2 2/3 ounces	½ cup
	160 grams	5 1/3 ounces	1 cup
Vegetables (fresh)	500 grams	1 pound (generous)	1 pound (generous)
Vegetables (dried)	500 grams	1 pound (generous)	2 cups

KASHRUT GUIDELINES & VEGETABLE CHECKING METHODS

General Basic Kosher Dietary Laws

- FISH:** Only fish that have both scales and fins may be eaten. No shellfish are allowed – nor are any predator fish.
- BIRDS:** Domestic poultry i.e. chicken, duck, goose, turkey and their eggs may be eaten.
- ANIMALS:** Only those that “chew the cud” and have a split hoof may be eaten. The animals and poultry must be slaughtered in a special manner (shechita) and sold under recognised Rabbinical supervision.
- EGGS:** Eggs should be broken separately into a glass. If a blood spot is found, the egg should be discarded.
- MILK & MEAT:** Milk and meat may not be cooked together or eaten together. Milk and meat dishes may not be placed in the oven at the same time. Separate and easily distinguishable sets of cooking utensils, crockery and cutlery, table linen, washing up bowls and working surfaces are required for meat and milk. If at any time a mistake has been made in mixing meat and milk dishes, a Rabbi should be consulted. After eating meat foods, at least 6 hours should elapse before milk foods and beverages are taken.
- CHEESE:** All cheeses, both yellow and white, require a hechsher. Yellow cheese is made with a rennet extracted from the lining of an animal's stomach. White cheese and yoghurt often contain a stabiliser, e.g. gelatine, which, if it is not Kosher, is made up of crushed animal bones.
- MANUFACTURED PRODUCTS:** Twentieth century living, while making life easier for the housewife, has created problems that our parents and grandparents never had to contend with. There are many new products on the market whose Kashrut may be questionable. Most vinegar in South Africa is made of wines and is therefore not Kosher. This affects tomato sauce, Worcestershire sauce, mayonnaise, pickles, olives etc. Many spices contain an anti-caking agent which is not Kosher. Not all tuna is Kosher, as the fish used may not have scales. To be on the safe side, consult the latest Beth Din guide for permissible items.
- PESACH:** As no leaven may be eaten, only those foods which have a stamp indicating that they have been manufactured under special supervision may be used. This does not apply to fresh fish, meat, poultry, eggs and most vegetables, although the butcher and fish shop should be specially cleaned for Pesach. Completely separate sets of milk and meat cooking utensils, crockery, cutlery, etc are required, which should be stored away for the rest of the year.

FLOUR

Flour is prone to many forms of infestations. Some of the insects that infest flour can be noticed as soon as the packet is opened, even before any of the flour has been sieved. Tiny brown creatures, no more than 1mm long, may be found in the folds at the top of the packet. Webbing and strands on the inner walls of the packet is a product of the larva of one of the moths that attack flour.

FISH

Kosher fish is Halachically defined as having scales and fins. Fish is considered parev until it is prepared in a milk or meat vessel. Jewish law forbids the cooking, serving and eating of fish and meat at the same time. There are thousands of varieties of fish which are available to the kosher consumer in South Africa. The most popular species of fresh and frozen fish commonly used include:

Maas Banker	Bream	Haddock	Mackerel	Herring	Angelfish
Salmon	Pilchards	Trout	Kabeljou	Seventy Four	Sole
Red Roman	Sardines	Carp	Tuna	Stump Nose	Anchovies
Butterfish	Kingklip	Stock Fish	Steenbras	Snoek	Hake

When buying frozen kosher fish, please ensure that there is skin at least on one side of the fish.

VEGETABLES & FRUIT

ASPARAGUS

Tinned:

Place filter paper or finely woven white cloth over a sieve or in a funnel. Pour out all the liquid through the filter or cloth, leaving the asparagus in the tin. Place the filter or cloth over a large white plate or chopping board. Check the filter paper or cloth very carefully for any insects. Should you find any insects, discard the asparagus. If the liquid is clear, you may use the whole asparagus.

Fresh:

Half fill a bowl with warm water. Put the asparagus into the water and swirl them around a number of times. Remove the asparagus holding them upside down. Shake all excess water back into the bowl. Place filter paper or finely woven cloth over a sieve or in a funnel. Pour the water from the bowl through the filter or cloth. Place the filter or cloth over a large white plate or chopping board. Check the filter paper or cloth very carefully for insects. Should you find any insects, cut off all the tips as well as all the small triangular leaves on the stems. Soak in salt water for two to three minutes and rinse under running water. If no insects are found, you may use the whole asparagus.

BEANS/CHICKPEAS

Beans and chickpeas are at times infested internally by the "Brucked Insect" which is at first a whitish worm and later on becomes a black wingless insect. There is no sign of this on the outside before soaking. Place the beans/chickpeas into a large bowl. You need to use two to three times as much water as the quantity of beans/chickpeas. Bring the beans/chickpeas to boil, switch off and leave covered for at least two hours, OR pour boiling water over the beans/chickpeas and leave them to soak for at least three hours, OR soak them in cold water overnight. Remove a handful of beans/chickpeas from the bowl and put them onto one side of a large plate. Watch out for any beans/chickpeas that have "holes" or darkened "patches" on the surface, and remove them. If in doubt, remove the outer skin and check to see whether there is an insect inside it or not. The beans or chickpeas which do not have holes or insects, may be used.

BROCCOLI & CAULIFLOWER

It is practically impossible to check the florets of broccoli and cauliflower properly and effectively. Cut off all the florets, which should not be used. The remaining stems and stalks must be soaked for two to three minutes in salty water. Rinse well under running water.

CABBAGE (RED/WHITE)

Separate all the leaves (halving or quartering the cabbage may make this easier. Soak all the leaves for two to three minutes in salty water. Rinse each leaf individually under a strong stream of running water. No visual checking is necessary.

LEEKS

Leeks have three sections – white bulb at the base, which protrudes slightly; the column section in which the leaves are tubular and gradually change in colour from white to a light green; and the green leaves which rise freely from the top of the column section of the top of the leek.

Cut off the roots from the end of the white bulb. Cut through the length of the leek in a manner that permits the leaves to be separated from one another. Once the leaves are all separated, each leaf should be rinsed thoroughly under running water until it is completely clean. Special attention must be paid to the ridge of fine leaf tissue, which is found on the inner surface of the outer leaves.

LETTUCE

Lettuce is commonly infested with three types of insects. The first is known as "Thrip". This is a tiny, 1mm long black insect, which to the naked eye looks like a tiny fibre particle. The second is "Greenfly". This insect does not eat the actual leaf. It attaches itself to the leaf by burrowing its mouth piece deep into the leaf tissue. The third infestation is worms. To check, separate the leaves of the lettuce. Soak in soapy water for 2 to 3 minutes. Rub each leaf on both sides with a soft soapy sponge. Take care to wipe into all the folds. Rinse well under running water. Leaves do not need to be checked visually once this method has been used. The alternative method is to remove leaves from the head, and rinse them thoroughly. Soak leaves in a weak salt-water solution (1 teaspoon salt for every litre of water) for 5 to 10 minutes. Pour the water out and rinse each leaf thoroughly under running water. Check each leaf individually by holding it up to a good source of light so that it shines through the leaf. Care must be taken to inspect the folds in the leaves. Any insects or suspicious looking particles must be removed.

PARSLEY

Rinse parsley thoroughly. Soak parsley in a bowl containing a weak salt solution (one teaspoon salt for every litre of water) for 1 to 2 minutes. Before removing parsley from the water, swirl the parsley in the bowl. Remove the parsley from the bowl and shake off the extra water vigorously – so that excess water will go back into the bowl. Place filter paper or clean white cloth over a sieve or in a funnel. Pour water from the bowl through the filter. Place the filter or cloth over a large white plate or chopping board. Check filter or cloth very carefully for any insects. Should three or more insects be found, discard the parsley. Should one or two be found, repeat steps from soaking stage. If there are now three or more insects, discard the parsley, otherwise the parsley may now be used. NB Dried parsley flakes do not need checking.

SPINACH

Check spinach using one of the methods used for lettuce. Frozen finely chopped spinach is also acceptable.

SPRING ONIONS

The insects found on spring onions resemble fleas. As the spring onion is cut, the insects move either up or down the stems, making it practically impossible to see them. The stem must be cut length-wise and each layer must be removed, soaked and rinsed and dried.

STRAWBERRIES

Cut off the green leaf with about 1mm of the fruit. Cut off any mushy parts as well as any folds. Soak in soapy water for two to three minutes. Rinse well under running water.

HANDY HINTS

To get rid of everyday stains:

Ballpoint - sponge generously with methylated spirits, or try white toothpaste, then wash.

Candle Wax - on materials, scrape off as much wax as possible. Place the stain between two sheets of blotting paper. Press lightly with a warm iron, changing the position of the paper often, then wash as usual.

Chewing Gum - harden the gum by chilling it with ice cubes in a plastic bag then scrape off as much as possible. Sponge with eucalyptus oil, or rub on frothed egg white with your fingertips OR spread peanut butter over the chewing gum, leave for half an hour, scrape gum from fabric. You will be left with a grease stain, which you should treat by combining 15ml soap powder, 7ml ammonia and enough cold tap water to make a paste. Spread over greasy area, leave to dry completely and then wash out.

Creosote - sponge with eucalyptus oil and wash as usual. Lubricate old stains with glycerine.

Mercurochrome - rub with glycerine, then sponge with gin or any other pure alcohol.

Mildew - moisten with lemon juice and salt or rub with Sunlight soap, then dry in the sun.

Rust - for washables, apply a paste of lemon juice and salt and dry in the sun.

Scorch Marks - apply a paste of borax and glycerine, rub and leave for two hours then wash well.

Tippex - sponge with Amyl acetate, but test fabrics first as it can lift colour.

Wine - for red wine stains, sprinkle immediately with salt OR cover with a paste of borax and water and leave for two hours then wash out.

10 useful tips for using lemons:

1. Put lemon juice in ice cube trays and freeze for easy use in cooking.
2. Lemons can be kept in the freezer for up to one month.
3. For good health, drink the juice of half a lemon in a glass of warm water first thing in the morning.
4. A paste of lemon juice and salt is excellent for removing bloodstains on clothes.
5. Make lemon vinegar by combining 3 cups white vinegar with the juice of 3 lemons in a bottle, and leave for a week. Strain the mixture through coffee filter paper. Bottle and add some peppercorns and a long twisted strip of lemon rind to each bottle. Great for making dressings, marinades or sprinkled over fish.
6. Make Moroccan lemons by cutting 10 lemons into wedges. Combine with 60g salt and layer with 2 cinnamon sticks, 5 cloves, 3 bay leaves and 6 peppercorns in a wide-necked, sterilised jar. Press down with a wooden spoon to release juices. Cover with white vinegar and seal with an acid-proof lid. Store for a month before using in Moroccan dishes. It's also good with curries and added to stews for that unique citrus flavour.
7. Does the microwave oven smell stale? In a glass bowl combine water and two to three sliced lemons. Microwave on medium power for 5-10 minutes and allow to stand overnight before removing. Wipe out excess moisture from the microwave before using.
8. Can't remove the smell of fish or garlic from the fingers? Try cutting a lemon and rubbing over the fingers. Leave for a couple of minutes and wash off.
9. The best way of brightening up tarnished brass is to rub it with a paste of salt and lemon juice. Wash afterwards in hot soapy water and dry well.
10. Are your elbows dry and unsightly after a long winter? Cut a lemon in half, squeeze out the juice and sit with elbows in lemon halves for 10-15 minutes. It's great for softening and removing dry skin.

General cooking tips:

1. Add *fried* onion to rice, gefilte fish, fish cakes.
2. For self-raising flour, add 1 teaspoon baking powder per cup of cake flour.
3. Substitute Soya milk for milk to make recipes parev.
4. To get the bitterness out of baby marrow, rinse well, slice and soak in salt water for 10 minutes. Rinse well again, and use as desired.
5. Too much salt in soup or stew? Put raw peeled potatoes inside. Leave for a while until soft and remove them. They will absorb the excess salt.
6. For tender meat, try putting a tablespoon or two of vinegar into the meat while it is cooking.
7. Wherever sour cream is called for in a recipe, plain yoghurt can be substituted. This works exceptionally well in various cakes and cheesecakes.
8. Add a little sugar to a tomato-based sauce or soup to remove the tartness from the tomatoes.
9. When adding whipped egg whites to a mixture, first mix a little of the egg white into the mixture, then fold in the balance. This helps to make a lighter mixture.
10. Roast peppers in the oven until the skin blisters and chars. Immediately, place the peppers in a plastic bag for a few minutes before peeling.

Microwave Tips:

1. When making sauces, stocks, cakes and puddings, cook in a larger container than conventionally used, as they rise in the microwave oven
2. Heat 4 clean, dampened face cloths on Full Power for 3 minutes – great to freshen up after a barbecue or Chinese meal.
3. For a smooth, quick chocolate sauce, melt together 50g plain chocolate and 25g butter or margarine on Full Power for 1 and ½ minutes. Beat in 25ml milk.
4. Haven't a ring mould for cakes and puddings? Stand an upturned glass jar or tumbler in the centre of a cake dish.
5. Haven't a muffin pan for individual cakes? Use a treble layer of individual cake cases on a microwave base or turntable.
6. Dry fresh herbs between sheets of kitchen paper on microwave base with 125ml water on Full Power for 2 minutes.
7. Jacket potatoes are speedy to cook. Scrub and score skin then cook on Full Power for about 8 minutes per potato – for large potatoes, and about 5 minutes per potato – for medium potatoes. Small potatoes usually suffice with 3 minutes per potato.
8. Baked apples can be cooked in a fraction of conventional cooking time. Simply core 4 cooking apples and then score the skin. Place 12,5ml each of sugar and sultanas in the middle of each and cook on Full Power for 5 minutes.

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ARTICHOKES IN CHEESE SAUCE

1 tin artichoke hearts, drained
3 Tablespoons butter
3 Tablespoons flour
½ cup artichoke liquid
1 cup grated yellow cheese
½ cup cream
1 pkt crushed potato crisps
salt, pepper, nutmeg to taste

Place artichokes in a greased shallow ovenproof dish. Melt 3 Tablespoons butter, add flour and cook for 1 minute, stirring constantly. Remove from heat and gradually add artichoke liquid. Return to heat and cook until thickened, stirring constantly. Add cream, half cup of cheese and seasonings. Pour over artichokes. Top with remainder of cheese and crushed potato chips. Bake at 180°C for 15-20 minutes.

ASPARAGUS LOAF

(Sharon Newfield)

1 tin asparagus cuts
1 cup grated cheddar cheese
½ onion grated
2 Tablespoons mayonnaise
salt and pepper to taste (optional)
1 French loaf

Mix all ingredients together. Hollow out the French bread. Fill with the above mixture. Heat in the oven and serve hot.

ASPARAGUS TART

(Jilly Suttner)

2 tins asparagus cuts
½ cup liquid from asparagus cuts
3 Tablespoons flour
3 Tablespoons butter
½ cup cream/low fat yoghurt
1 cup grated cheese
1 pkt plain crisps – crushed
salt, pepper and paprika

Place asparagus in dish. Melt butter, add flour, remove from heat and slowly stir in asparagus liquid. Return to heat. Add cream or yoghurt and stir until thickened. Pour over asparagus, sprinkle on cheese, crisps and paprika. Bake at 180°C for 20-30 minutes.

AVOCADO DIP

3 Avocados
1 tomato
1 onion
2 Tablespoons lemon juice
salt and pepper
dash of chilli sauce
2 Tablespoons mayonnaise

Blend all ingredients in liquidiser or food processor. Serve with carrot sticks, cucumber sticks, cherry tomatoes, fresh mushrooms, potato crisps etc.

BABY MARROW TART

mushrooms
250g baby marrow
mozzarella or cheddar cheese
¼ teaspoon cinnamon
½ teaspoon salt
½ cup cream
2 ½ Tablespoons flour
lemon juice
flaky pastry (ready-made)

Fry mushrooms, garlic and lemon juice until water has disappeared. Add marrows. Then add flour, cream and seasoning. Put pastry into ovenproof dish and fill with baby marrow mixture. Bake at 180°C for 20 minutes or until brown.

BAKED FETA

(Lynn Peretz)

6 rounds of feta cheese
2 cloves of garlic – chopped
1 mild red chilli – chopped
black pepper
olive oil
basil leaves

Heat oven to 180°C. Place each round of feta cheese on a piece of foil large enough to make a parcel. Scatter the garlic and chilli on the feta rounds. Grind on black pepper to taste. Pour a teaspoon of olive oil over each round and place a basil leaf on top. Turn each leaf to coat with oil. Close up each parcel and bake for 30 minutes. Serve immediately.

BOUREKITAS (CHEESE PASTRIES)

Pastry

½ cup oil
½ teaspoon salt
½ cup water
2 cups flour
1 egg, beaten
little grated cheese

Filling

4 large potatoes, mashed
2-3 well beaten eggs
1 ½ cups grated cheese (strong cheddar or parmesan)
salt and pepper to taste

Combine filling ingredients and set aside. Mix oil, salt and water together. Add flour and knead to a dough. Shape into small balls the size of walnuts. Roll out each ball to 5 or 6 cm in diameter. Place one teaspoon of filling along edge of pastry and roll up to a sausage shape, bending ends slightly in to achieve croissant shape. (Alternatively, fold over pastry to crescent shape). Place pastries on lightly oiled baking sheet, brush with beaten egg and sprinkle grated cheese on top. Bake at 180°C until golden brown.

BRIE SNACK

sliced rye bread
1 brie cheese
black pepper
slices of tomato
pickled cucumber
lettuce

Lightly butter bread. Cut a piece of brie in half through the width and place with crust-side up on the bread. Grind black pepper onto cheese and place under grill until cheese melts. Eat hot with slices of tomato, pickled cucumber and lettuce. Alternatively place sliced tomato on bread with brie on top of tomato and then grill.

BRINJAL AND TOMATO LAYER

(serves 6)

3 medium brinjals
45ml flour
225g grated yellow cheese
300g sliced mozzarella cheese
300g tomato sauce
50ml freshly chopped herbs
4 large eggs, beaten
250ml cream

Grease and line an ovenproof dish. Slice brinjals and place in colander, sprinkle with salt and leave to stand for 30 minutes. Rinse the brinjals and dry well. Dip into flour and fry in hot oil until golden brown. Sprinkle grated cheese evenly over the base of the dish and layer half the brinjals, tomato sauce, herbs and sliced mozzarella cheese. Repeat the layers. Mix the beaten egg and cream together and pour over the brinjal layers. Bake at 180°C for approximately 50 minutes. Serve with a crunchy salad.

BRINJAL DIP

2 brinjals, washed and pricked
1 chopped onion
1/3 cup oil
2 hard boiled eggs
salt and freshly ground black pepper
1 Tablespoon lemon juice/white vinegar

Fry onion in oil until soft. Peel brinjals and cut in cubes. Place in food processor. Add onions, oil, hard boiled eggs, salt, pepper and lemon juice. Process until smooth.

BUTTERNUT KUGEL

(Jilly Suttner)

1 pkt frozen butternut
6 eggs
1 cup sugar
1 cup flour/matzo meal
3 cups Orley Whip
1 Tablespoon margarine
1 teaspoon vanilla essence
cinnamon

Beat eggs and sugar, add flour, Orley Whip, margarine and vanilla essence. Mix together. Cook butternut and add to mixture. Pour into a greased dish and sprinkle with cinnamon. Bake at 180°C for 1-1 1/4 hours.

CHARGRILLED MEDITERRANEAN PIE

1 pkt puff/short pastry
Filling
Any combination of vegetables for grilling:
e.g. brinjal, courgette, mushroom, onions
2 cloves garlic, crushed
2 Tablespoons chutney
1 teaspoon soya sauce
1 teaspoon golden syrup
1 egg, lightly beaten
fresh herbs to taste
(if milchik: 250ml grated cheese)

Grill vegetables glazed with mixture of chutney, soya sauce and syrup in 180°C oven until well browned and crisp. Line flat dish with pastry. Fill with grilled vegetables. Glaze with beaten egg and bake for 20 minutes at 180°C until pastry is well browned. If adding cheese, sprinkle over vegetables before baking in oven. Serve hot or cold with salad.

CHEESE AND SUNDRIED TOMATO BAKE

(serves 4-6)

1 loaf French bread, sliced
100ml marinated sun-dried tomatoes,
halved
10ml freshly chopped herbs
400ml grated cheese
125ml cream
250ml milk
4 large eggs, lightly beaten
salt and freshly ground black pepper

Toast the bread on both sides. Layer the slices of toast in a greased ovenproof dish so that the sides overlap. Spread the sun-dried tomatoes and herbs over the slices and sprinkle with half the grated cheese. Beat the cream, milk and eggs together well and season with salt and freshly ground black pepper. Pour evenly over the cheese. Top with remaining cheese and bake in preheated oven at 180°C for 20-30 minutes until the cheese is melted and golden brown. Serve with fresh salad.

CHEESE SOUFFLE

(Judy Levy)

1oz butter
1oz flour
1/3 pt milk
2oz grated cheese
3 eggs
seasoning

Melt butter, stir in flour. Add milk – stirring all the time until thick. Add grated cheese, salt and pepper. Then separate eggs, Beat egg yolks into cheese mixture with a wooden spoon. Whip egg whites stiffly then fold into cheese mixture. Pour into greased dish and bake at 350°F for 35 minutes.

CHEESY MUSHROOM PASTA BAKE

Spaghetti
Mushroom soup powder
1 x tin tuna
tinned mushrooms (optional)
grated cheese

Boil pasta. Strain. Place in ovenproof dish. Mix soup powder with boiling water. Mix in with pasta. Mix in a tin of tuna and then mushrooms (optional). Top with grated cheese and bake at 180°C until crispy.

CRUSTLESS ASPARAGUS TART

(Belinda Jacobson)

2 tins asparagus cuts
1 large packet BBQ crisps
2 cups grated cheese
4 Tablespoons flour
4 Tablespoons asparagus juice
2 Tablespoons butter

Strain tin of asparagus and keep the juice. Layer asparagus, crisps and cheese in a greased oven-proof dish, repeating again. Mix flour and asparagus juice together to form a paste. Heat remaining juice with butter. Remove from heat and stir into paste. Season. Stir constantly. Pour sauce over layered asparagus in dish. Sprinkle cheese over. Bake at 375°F for 30 minutes

CRUSTLESS TUNA PIE

(Agnes Demby)

1 tin tuna (flaked with oil or brine)
1 cup milk
2 eggs
1 cup bread crumbs
1 cup grated cheese
small onion grated
salt, pepper and parsley to taste

Mix all ingredients together and bake in greased pyrex dish at 180° for approximately 25 minutes

FRITA DE SALMON

2 tins pink salmon
juice of 2 lemons
2 Tablespoons finely chopped parsley
salt and pepper
2 heaped Tablespoons matzo meal or breadcrumbs
6 beaten eggs
6 cloves garlic

Drain, de-bone and slightly flake the salmon. Place in bowl, add lemon juice and parsley. Crush cloves of garlic and add to salmon mixture. Add salt and pepper to taste, matzo meal or breadcrumbs and fold in beaten eggs. Oil ovenware dish, place mixture into dish and bake in oven at 200°C for about 30 minutes or until brown. Cut into squares. Serve hot or cold and decorate with stuffed olives and parsley.

GNOCCHI WITH ROCKET SAUCE

Sauce:

1 carrot, finely chopped
1 leek, finely chopped
1 stick celery, finely chopped
8 rocket leaves, finely chopped
½ cup water
½ cup cream
salt to taste

Gnocchi:

4 medium potatoes, peeled and cubed
½ cup potato flour
1-2 teaspoons salt
pinch of nutmeg

Sauce:

Place the vegetables, water and salt in a pot and simmer gently. Add the cream and heat through gently. Keep aside to serve with gnocchi.

Gnocchi:

Boil the potatoes very gently in a little water. Once cooked, pulse the potatoes with the flour and salt in a food processor – be careful not to over-process. Other herbs and spices or even a little tomato puree can be added at this stage for variation. Roll the mixture into long sausages, about 2cm wide and cut into 2cm pieces. Place about 6 at a time in boiling water for 10 seconds only. Then place into the creamy rocket sauce. Once all the pieces have been cooked, place them in the rocket sauce. Serve immediately to avoid the gnocchi becoming rubbery.

HOT ASPARAGUS BAKE

(Zeta Starograd)

1 tin asparagus cuts
1 Tablespoon butter
1 Tablespoon flour
½ cup cream
salt and pepper
1 cup grated cheese
1 cup potato crisps

Drain asparagus (keep liquid) and place in greased ovenproof dish. Melt butter and add flour. Add asparagus liquid and stir until it thickens. Add cream and seasoning. Pour over asparagus. Sprinkle with cheese and crisps. Bake at 200°C for 15 minutes.

MEAT PIES

(Stella Mozessohn)

3 cups flour
2 eggs (leave 2 Tablespoons of egg for brushing the top)
1 teaspoon salt
3 teaspoons baking powder
½ cup oil
1 cup boiling water
meat mixture

Mix all ingredients into a stiff dough. Roll out thinly (approximately 16 portions). Fill with a meat mixture. Brush top with egg. Bake at 200°C for approximately 15 minutes. As a variation a tuna or vegetable filling could be used.

MEXICAN DIP

250ml sour cream
250ml mayonnaise
paprika
2 avocado pears
½ cup cream cheese
4 Tablespoons mayonnaise
salt and pepper
4 Tablespoons lemon juice
shredded lettuce, grated cheese
cherry tomatoes, black olives

Mix together sour cream, 250ml mayonnaise and paprika and place at bottom of dish. Create layers of avocado pear, cream cheese, mayonnaise, salt and pepper and lemon juice. Complete dish with shredded lettuce on top, grated cheese, cut up cherry tomatoes and black olives

MUSHROOM CASSEROLE

garlic salt
1 ½ kg fresh mushrooms, sliced
1 ½ cups grated cheese
2 Tablespoons butter
2 Tablespoons flour
1 cup milk
125ml cream
salt, pepper
1 Tablespoon Sherry
potato crisps

Fry mushrooms in butter, seasoned with garlic salt, for about 5 minutes and place in buttered ovenproof dish. Melt butter in saucepan. When bubbling add flour. Remove from stove and gradually stir in milk, a little at a time, until all has been used. Return to stove and stir until thickened. Add cream, seasoning and sherry. Pour sauce over mushrooms, sprinkle with cheese and crushed crisps. Bake at 200°C for 15-20 minutes.

MEXICAN DIP VARIATION

Layer 1:

1 packet onion soup mix
1 cup of mayonnaise
1 cup Orley Whip
2 Tablespoons tomato sauce
few drops Tabasco sauce
½ teaspoon paprika
¼ teaspoon ground pepper
½ teaspoon cayenne pepper

2 large avocado pears
about 1 cup mayonnaise
1 teaspoon lemon juice
salt & pepper
1 cup grated cheese
shredded lettuce
2 to 3 finely chopped tomatoes
chopped black olives

MUSHROOM & LEEK QUICHE

(makes 2 quiches)

Pastry:

1 cup flour
2 Tablespoons margarine
½ cup cream or Orley Whip
salt, pepper, paprika

1 Tablespoon oil
approximately 15 baby leeks
2 pkts mushrooms
1 clove garlic
1 Tablespoon tomato puree
Italian herbs
Salt, pepper, paprika
3 eggs
1 cup milk
½ cup grated cheddar cheese
½ cup grated yellow or mozzarella cheese

Mix all ingredients for 1st layer together. Refrigerate for at least 1 hour.

Mix avocados, mayonnaise, lemon juice, salt & pepper together, and place on top of layer 1. Top with a layer of grated cheese. Then place a layer of shredded lettuce over that. Top with chopped tomatoes and finally chopped olives.

Preheat oven to 180°C. Mix pastry ingredients together. Line two pie dishes with pastry and bake for about 5-10 minutes until lightly browned. Saute the diced leeks in a small amount of oil. When soft, add crushed garlic and sliced mushrooms. Add herbs and spices. When mushrooms are cooked, mix in tomato puree. Remove pie crusts from oven. Place a layer of cheddar cheese on each crust. Put mushroom mixture over it. Beat eggs and salt lightly with a fork. Pour egg mixture over mushrooms, sprinkle yellow or Mozzarella over the pies and top with a little paprika. Bake at 180°C for 30 minutes or until firm. Can be made in advance and reheated.

MUSHROOM STRUDEL

90g butter
500g mushrooms, coarsely chopped
2 teaspoons lemon juice
2 cloves garlic, crushed
1 Tablespoon flour
4 leeks, thinly sliced
¼ teaspoon salt
freshly ground black pepper
Tabasco or chilli sauce
125ml cream
125g phyllo pastry
butter/oil
3-6 teaspoons breadcrumbs

Melt butter in large pan. Add mushrooms, lemon juice and garlic and cook, stirring frequently until liquid is absorbed. Blend in flour and cook for 5 minutes. Add leeks and cook for another 2 minutes. Reduce heat and stir in seasoning and cream. Continue cooking and stirring until mixture thickens (about 5 minutes). Preheat oven to 190°C. Oil a Swiss-roll tin well and set aside. Place a sheet of phyllo pastry onto a dishcloth. (Cover remaining phyllo pastry with a damp cloth). Brush this sheet with melted butter and sprinkle with 1 teaspoon breadcrumbs. Repeat 3 to 6 times. Spread half of mushroom filling in a strip, leaving an edge all round the phyllo pastry. Tuck the edges in and using the dish cloth to aid you, carefully roll in a tight Swiss-roll. Transfer to prepared baking sheet. Repeat with remaining phyllo pastry thus making two rolls. (If freezing, do so at this stage). Bake at 190°C for 25 minutes (35-40 minutes if straight from freezer). Cut into slices using electric or sharp knife.

MUSHROOM TART

(Jilly Suttner)

2 pkts of mushrooms – sliced thickly
3 Tablespoons flour
3 Tablespoons butter
½ cup cream or low fat yoghurt
½ cup mushroom or vegetable stock
1 cup grated cheese
1 pkt plain crisps, crushed
paprika

Saute mushrooms and keep liquid aside. Place mushrooms in ovenproof dish. Melt butter, add flour, remove from heat and slowly stir in mushroom liquid. Return to heat. Add cream and stir until thickened. Pour over mushrooms, sprinkle on cheese, crushed crisps and paprika. Bake at 180°C for 20-30 minutes.

PITA WEDGES

1 packet pita bread
margarine
garlic & herb seasoning

Split pita breads horizontally so that you are left with 2 rounds. Butter cut side and sprinkle with garlic and herb spice. Cut into 4 or 8 wedges according to your own preference. Bake at 190° for 10 minutes. Store in an airtight container and serve with various dips and salads.

ONION TART

(Belinda Jacobson)

Pastry

1 cup flour
2 teaspoons baking powder
1 teaspoon sugar
2oz butter
½ cup milk
pinch salt

Filling

4-5 large onions, coarsely chopped
butter or margarine for frying
salt and pepper to taste
paprika
1 egg
½ cup cream
strong grated Cheddar cheese
Corn Flakes

Pastry

Sift dry ingredients and rub in butter. Add milk and knead dough. Press into a buttered ovenproof dish.

Filling

Simmer chopped onions in butter or margarine until glossy. Cool and season well. Spread over pastry. Combine egg with cream and pour over onion. Sprinkle with grated Cheddar cheese, paprika and Corn Flakes. Bake at 350°F for 20-30 minutes until brown on top.

PHYLLO PASTRY WITH SPINACH

(Barbara Solomon)

7 sheets phyllo pastry (500g makes 2)
(brush between each sheet with melted butter or margarine)

Filling

½ grated onion
2 Tablespoons margarine
2 Tablespoons flour
½ cup milk off the stove
garlic salt
125g cream cheese
60g cheddar cheese
6 Tablespoons feta cheese
1 box frozen spinach
½ cup cream
3 egg yolks
3 egg whites
sesame, poppy or caraway seeds

Sauté onion in butter or margarine. Add flour, milk, garlic salt, cream cheese, cheddar cheese, feta cheese, cream and egg yolks. Lastly add beaten egg whites. Brush top layer with margarine and use sesame, poppy or caraway seeds on top. Bake at 200°C for 20-30 minutes

RITA'S TUNA PIE

1 large onion – chopped
1 packet fresh mushrooms
Salt
30g butter
2 tins tuna
1 packet broad noodles
500ml milk
30g butter
2 Tablespoons flour
175g strong cheddar cheese – grated
Cayenne pepper
1½ teaspoons salt

Fry onions and mushrooms in the first lot of butter with salt to taste. Make a cheese sauce by melting 30g butter and adding flour. Slowly add in the milk and stir well to thicken. Add grated cheese, pepper and salt. Stir until cheese is melted. Add tuna and mushrooms to cheese mixture. Boil the noodles. Butter the dish. Place the noodles in the dish and pour over the cheese mixture. Toss until well mixed. Bake at 190°C for 3/4 hour. You may sprinkle a little cheese on top.

SAVOURY ASPARAGUS ENVELOPES

120g butter
1 cup flour
500g smooth white cheese
drained asparagus cuts
grated cheese
cayenne pepper
salt

Make pastry with butter, flour and cheese. Roll out thinly. Cut rounds 8 - 10cm in diameter. Place asparagus and a little grated cheese mixed with seasoning in the centre of each pastry round. Fold like an envelope. Bake in a greased tin at 190°C until ready.

SAVOURY CREAM CHEESE DIP

250g cream cheese
few tablespoons sour cream
2 Tablespoon anchovette or finely
chopped spring onion
salt, paprika
Worcestershire sauce

Mix cheese and cream. Add seasoning to taste. Mix in a few drops of Worcestershire sauce. Gently fold in anchovette or finely chopped spring onion.

SCOTCH EGGS

(Susan Terespolsky)

6 hard boiled eggs, cooled and shelled
500g beef sausage meat
(squeeze sausage meat out of their casings)
15ml chopped parsley
1 beaten egg
flour for coating
dried bread crumbs or corn flake crumbs

Divide the sausage meat into 6 portions. Take a piece of sausage meat and flatten slightly. Mould the sausage meat around the egg. Continue until all eggs and sausage meat are used. Roll sausage-coated eggs in flour, brush all over with beaten egg and coat in crumbs. Refrigerate at least 1 hour before frying. Deep fry scotch eggs for about 4–5 minutes. Place on absorbent paper. Serve whole or cut in half or quarters and serve as a starter.

Note : This recipe can be made on Passover substituting potato starch for the flour, and matzo meal for the bread crumbs.

SNOEK MOULD

(Barbara Solomon)

1 cup rice cooked
250g snoek
2 chopped onions
2 pickled cucumbers
2 hard boiled eggs – chopped
6 Tablespoons mayonnaise
½ cup lemon juice
sugar to taste

SNOEK PATE

(Shelly Winer)

4 pkts flaked snoek
4 hard boiled eggs
1 onion
4 green apples
8 Marie biscuits
4 teaspoons sugar
¼ cup vinegar
4 Tablespoons mayonnaise
lemon juice

SPICY VEGETABLE MILLET

(Janine Tuch)

1 cup millet
1 cup cauliflower, chopped into small pieces
1 cup sweetcorn (cut corn off the cob)
1 cup baby marrow, chopped or sliced
1 red pepper, chopped
1-2 teaspoons salt
½ teaspoon tumeric (optional)
1 teaspoon cumin
pinch cayenne pepper or paprika
1 teaspoon ground coriander
½ cup tomato puree
1 cup button mushrooms, roughly chopped
pinch nutmeg
1 twist of the pepper grinder

Mix all ingredients together. Serve chilled.

Mince together snoek, eggs, onion, apples and Marie biscuits. Add sugar, vinegar, mayonnaise and lemon juice to taste.

Cook millet and place in a dish. Place the rest of the ingredients on the stove in a pot with the lid on and simmer gently until just done, about 20-30 minutes (no need to add water, just watch it and stir occasionally). Serve on top of millet or mix in with the millet.

SPINACH AND COTTAGE CHEESE QUICHE

1 roll frozen short-crust pastry
2 bunches spinach
2 eggs, beaten
250g chunky cottage cheese
150ml cream
nutmeg, salt and pepper to taste
¼ cup parmesan or mozzarella cheese

Wash spinach well, remove stalks and place in pot over medium heat until soft. Drain and chop finely. Roll out the pastry and place in pie dish. Mix spinach with remaining ingredients and place mixture in pastry shell. Bake at 180°C for 30-35 minutes.

SPINACH CHEESE CAKE

(Pnina Ackerman)

2 bunches spinach
1 medium onion, chopped
250g cream cheese
125g feta cheese
300g plain yoghurt
4 eggs, lightly beaten
¼ cup grated Cheddar cheese

Steam spinach until just tender, drain and then chop spinach roughly. Fry onion in a little oil until soft. Beat cheeses, yoghurt and eggs until combined. Pour into greased baking dish. Bake in a moderate oven until set. The filling can be poured into a baked short-crust pastry.

SPINACH DIP

2 bunches spinach, washed and blanched
(refresh and squeeze)
2 onions
1/3 cup oil
2 hard boiled eggs
½ teaspoon salt
freshly ground black pepper

Chop and fry 1 onion and 1/3 cup oil until the onion is soft. Place spinach in a food processor. Add the other onion, oil, hard boiled eggs and spices and process until smooth.

STUFFED ARTICHOKE OR BIG BROWN MUSHROOMS

1 x 400g tin artichoke hearts or 6 large brown mushrooms
1 x 200g tin of pink salmon or tuna

Blue Cheese sauce:

2 Tablespoons butter
1 ½ Tablespoons flour
1 ¼ cups milk
45ml crumbed blue cheese
2 ½ ml mustard
pinch cayenne pepper
250ml grated cheddar cheese

Fill artichokes/mushrooms with fish. Place on baking tray. Prepare cheese sauce by melting butter, adding the flour and blending in the cold milk. Simmer for 5 minutes, stirring constantly. Add the blue cheese, mustard and cayenne pepper and salt to taste. Pour cheese sauce over fish. Sprinkle cheddar cheese on top

SPINACH ROULADE

Sponge:

60ml butter
500ml cake flour, well sifted
2ml salt
500ml warm milk
5ml sugar
4 eggs, separated

Spinach Filling:

500g frozen spinach, thawed
30ml melted butter
250ml smooth cottage cheese
250ml plain yoghurt
30ml thick cream
salt, pepper & nutmeg to taste

Melt butter. Add flour and salt. Stir for a minute. Gradually add milk. Cook, stirring, until mixture thickens. Remove from heat and stir in sugar. Add a little hot milk to egg yolks, then gradually stir in hot mixture. Beat egg whites stiffly and fold into mixture. Line a buttered Swiss roll pan with grease-proof paper, and grease paper. Spread mixture evenly in pan. Bake near bottom of a preheated oven at 160° for 45 minutes, or until a tester inserted in the centre comes out clean.

Meanwhile prepare spinach filling. Sauté spinach in melted butter for 3 minutes, then drain well by squeezing out as much moisture as possible. Fold in cheese, yoghurt and cream. Season to taste with salt, pepper and nutmeg. Peel off paper while roll is still hot and trim off any crisp edges. Spread spinach filling on roulade and roll up. Serve warm or cold.

Variation: The roulade may also be served with Yoghurt Cream: Mix 175ml plain yoghurt with 15ml thick cream. Warm and slice roulade, place a dollop of Yoghurt Cream on each slice and sprinkle with snipped chives.

TASTY POTATO AND CHEESE DISH

250ml mashed potatoes
125ml yoghurt (plain, low fat)
125ml Cheddar cheese, grated
1 Tablespoon fresh parsley, chopped
1 onion, chopped
2 celery sticks, chopped
1 pkt mushroom or onion soup
500ml water
25ml dry bread crumbs

Preheat oven to 180°C. Mix the potato, yoghurt, cheese and parsley. Boil the celery and onion in a small amount of water until soft and mix lightly. Dissolve the soup powder in the water. Place mixture in a greased casserole dish. Cover with the potato mixture. Sprinkle the bread crumbs over the potatoes. Finally pour the soup mixture over the dish. Make holes to allow the soup mixture to reach the bottom of the dish. Bake for 30 minutes without a lid. Serve hot.

TUNA AND SALMON PATE

(Andrea Disler)

1 tin tuna, drained
1 tin salmon, drained
½ tub cream cheese
1 onion, chopped
seasoning

Blend all the ingredients in a food processor

TOAST SHELLS

20 slices white bread
margarine/butter

Asparagus Filling:

450g tin asparagus cuts, drained
1 ½ cups mixed cheddar and Tussers
cheese, grated
3 Tablespoons mayonnaise

Mushroom Filling:

4 Tablespoons margarine
1 cup spring onion, chopped
2 cloves garlic, crushed
600g button mushrooms, sliced
3 Tablespoons flour
¾ cup cream
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon paprika
1 teaspoon parsley
2 Tablespoons white wine (optional)

Seafood Filling:

1 large onion, chopped
2 Tablespoons butter/margarine
1 cup mayonnaise
2/3 cup mozzarella cheese, grated
1 cup Tussers or cheddar cheese, grated
½ teaspoon Worcestershire sauce
2 cups cooked kingklip broken into small
pieces
(approximately 1,8kg when raw)
salt, black pepper and paprika to taste
¼ teaspoon mustard powder

Variation: Cold fillings (such as
tuna/mayonnaise or egg salad (see salad
section) or even chopped herring can be
used to fill cooled shells

Butter bread on both sides. Press into muffin
tins and leave corners to stand up. Bake at
180° for 15 to 20 minutes or until crisp.

Variations: The margarine/butter can be
omitted, and the shells can be made in
advance and stored until required. If using
margarine or butter, garlic and herbs can be
sprinkled onto the bread slices before baking
for extra flavour.

Asparagus Shells: (Fills 15 shells)

Combine asparagus cuts, cheeses and
mayonnaise in a pot. Just before shells are
ready, heat mixture until cheese melts. Fill
baked toast shells, sprinkle with a little paprika
and serve immediately.

Mushroom Shells: (Fills 20 shells)

Melt margarine (or butter). Fry spring onion
and garlic for a few minutes. Add mushrooms
(and wine), and fry until soft and most liquid
disappears. Sprinkle with the flour, and mix.
Add cream and spices and heat until
thickened. Place the hot mixture in the baked
shells and serve immediately. Filling can be
made in advance and reheated.

Seafood Shells: (Fills 20 shells)

Fry onion in butter or margarine until soft.
Drain. Mix the onion with all other filling
ingredients. Heat for a few minutes. Fill each
crisply baked shell with hot filling. Sprinkle with
paprika. Serve immediately. Filling can be
made in advance and reheated.

Note: Kingklip can be replaced with hake – a
more affordable alternative – without
drastically changing the taste.

TUNA STUFFED EGG PLANT

2 large brinjals
2 Tablespoons oil
150g tin tomatoes, drained
salt and pepper, 1 teaspoon mixed herbs
2 Tablespoons tomato puree
1 clove garlic, crushed
1 tin tuna
1 onion, diced
1 cup grated cheddar cheese

Cut brinjal length-wise, remove flesh and cut
roughly. Heat oil, glaze onions and add
balance of ingredients (except tuna). Simmer
for 20 minutes. Flake tuna and stir into
mixture. Fill egg plant shells and cover with
grated cheese. Bake at 180°C for 30 minutes.

TUNA MOULD

(Fran Blumenthal)

3 pickled cucumbers, diced
3 pickled onions, diced
3 tomatoes, diced
2 hard boiled eggs, diced
handful of black olives
pinch of dried parsley
¾ cup mayonnaise
½ cup tomato sauce
1 tin tuna
1 tin salmon
salt, pepper, tabasco sauce to taste
1 Tablespoon gelatine
little cold water
½ cup boiling water

Place cucumbers, onions, tomatoes and eggs into a bowl. Add the olives, parsley, mayonnaise, tomato sauce, tuna, salmon and spices. Mix the gelatine in a little cold water. Add the boiling water and mix until dissolved. Add the gelatine mixture to the other ingredients, place in a mould, and refrigerate.

TUNA AND MUSHROOM PIE

2oz margarine
4 Tablespoons flour
¼ teaspoon pepper
2 ½ cups milk
¾ cup sliced mushrooms (tinned)
1 large packet spicy crisps
2 tins tuna

Melt margarine and add flour and pepper. Gradually add milk and boil until thick. Combine ¾ of the crushed chips with the drained tuna, mushrooms and sauce. Pour into a greased casserole dish and cover with the remaining crisps. Bake in a moderate oven for ½ hour.

TUNA OR SNOEK PATE

1 tin tuna (OR 1 cup flaked snoek)
¼ cup soft butter
¼ cup cream or mayonnaise
2 Tablespoons lemon juice
1 onion, diced and fried
black pepper

Blend all ingredients together. Serve chilled.

TUNA TART

(Lynn Peretz)

1 large onion, chopped
2 thick slices bread (cut off crusts)
1 cup milk
5 eggs
salt and pepper
2 tins tuna
parsley, chopped
2 cups grated cheese

Fry onion in a pot until brownish. Add bread and milk and stir until soft. Add tuna, parsley, cheese, salt and pepper. Stir. Add eggs. Stir. Place mixture in a greased ovenproof dish and sprinkle cheese on top. Bake at 180°C for approximately 1 hour until mixture is set.

Variation: Mushrooms or asparagus can be substituted for the tuna.

TZATZIKI

2 x 175ml cartons natural yoghurt
250g smooth cottage cheese
salt and pepper
1 English cucumber with skin, grated and well drained
2 cloves garlic, crushed

TWICE BAKED POTATOES

4 large baking potatoes
200g tinned tuna, drained and flaked
1 cup cooked spinach
salt and freshly ground black pepper
4 Tablespoons grated cheese
paprika
125g herbed cottage cheese

Mix all ingredients in a bowl. Serve as a starter with health bread or as an accompaniment to fish.

Scrub the potatoes and prick all over. Wrap each potato in paper towel and microwave on high for 8-10 minutes until soft, turning them halfway during the cooking time. Cut off the top of each potato and reserve. With a small, sharp spoon scoop out the insides of the potatoes and place in a bowl. Mash with the flaked tuna, cottage cheese and spinach. Season to taste. Place the tuna mixture into the potato shells, sprinkle with grated cheese and paprika and top with reserved potato "lids". Place the stuffed potatoes in a microwave dish and microwave on high for 5 minutes or until heated through. Let them stand for 5 minutes before serving.

VEGETABLE QUICHE

(Marilyn Chazen)

Base:

2 oz butter
1 cup flour
1 teaspoon salt
2 level teaspoons baking powder
4 oz milk

Filling:

2 large onions
mushrooms/baby marrows
3 eggs
¼ - ½ cup milk
salt and pepper
grated yellow cheese

Rub butter together with dry ingredients until fine. Add milk slowly to form dough. Press into greased pie dish.

Fry onions cut into rings in butter or oil until glassy. Add cut up vegetables and toss for a few minutes. Place vegetable/onion mix on top of pastry base. Mix eggs and mix, adding salt and pepper to taste and pour over vegetable mixture. Top with grated cheese.

Bake at 350°F for about 30 minutes.

VEGETABLE STRUDEL

(Jilly Suttner)

8 spinach leaves
1 pkt mushrooms
1 red pepper
50g feta cheese, crumbed
6 sheets phyllo pastry
60g butter, margarine or oil
1 Tablespoon sesame seeds

Steam or boil spinach and squeeze off excess liquid. Saute mushrooms and peppers. Add to spinach together with feta cheese. With a pastry brush, paint each sheet of phyllo pastry with oil or melted butter and lay them together. Spoon the vegetable mixture along the long edge of the pastry, fold the sides in and roll up like a Swiss roll. Place on baking sheet, brush with olive oil or melted butter and sprinkle with sesame seeds. Bake for 20 minutes at 180°C or until golden brown. Serve hot.

VEGETARIAN CHILLI CON-CARNE

1 tin lentils OR ½ cup lentils soaked overnight and then cooked for 20 minutes
1 tin white beans or butter beans, drained
1 tin chopped tomatoes
1 ½ teaspoons cayenne pepper or chilli powder
2 red peppers, chopped
salt to taste

Place all ingredients into a pot and simmer gently for 15-20 minutes. Serve on a bed of brown rice with a fresh salad.

VEGETARIAN SAUSAGES IN TASTY SAUCE

1 onion, chopped
1 tomato, chopped
2 cloves garlic, crushed
¼ cup vegetable stock
2 Tablespoons tomato sauce
2 Tablespoons chutney
1 pkt vegetarian sausages

Fry onions in oil until soft. Add garlic. Add tomatoes and fry until soft. Cut vegetarian sausages into bit sized pieces. Add to vegetables. Simmer for 5 minutes. Add stock, chutney and tomato sauce. Simmer for 5 minutes. Serve on rice, pasta, couscous or maize-meal.

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CHEESE SAUCE

2 Tablespoons butter or margarine
2 teaspoons cornflour
1 ½ cups milk
1 cup grated cheese
½ teaspoon salt
½ teaspoon paprika
1 beaten egg

Melt butter in double boiler. Add flour and seasoning. Stir until smooth. Gradually add milk and cook over boiling water until thick. Add beaten egg. Stir. Add grated cheese. Cook for a further 2 minutes, stirring constantly.

This is a delicious sauce served with macaroni, spaghetti or egg noodles.

COURGETTE, TOMATO AND HERB PASTA

1 packet pasta (screw noodles/tagliatelle, penne), cooked
2 Tablespoons oil
1 medium onion, cut into crescents
250g courgettes (baby marrows), sliced into julienne sticks
½ cup parsley, chopped
1 teaspoon Italian herbs
½ cup tomato sauce
400g tin tomato and onion
½ cup Hellman's Light mayonnaise

Brown onions in oil in a good size saucepan. Stir-fry courgettes until tender, but still green and crisp. Add herbs, tomato sauce, and tinned tomato and onion. Mix. Then add the mayonnaise. Heat through and pour over already cooked pasta of your choice.

EASY TUNA LASAGNE

2 onions
knob butter
2 tins flaked tuna
250 ml cream
½ tin tomato puree
1 tub cottage cheese
½ tin water with sugar to taste

Fry onions in margarine together with freshly sliced mushrooms. To this add the tuna, cream, tomato puree, cottage cheese, water and sugar. Mix all together with cooked noodles. Place in a pyrex dish and grate cheese over. Bake at 180°C until cheese has melted.

FETTUCINE A LA PESCE

(Jenny Sidney)

50g margarine
1 large onion, finely chopped
200g button mushrooms, quartered (optional)
425g pilchards in tomato sauce, roughly flaked
250ml cream/Orley Whip
25ml chopped parsley
250g fettucine, cooked
salt and freshly ground black pepper
1 teaspoon dried basil
1 cup grated cheese

Melt margarine for 1 minute on high and saute onion for 2 minutes on high. Add mushrooms and cook for 30 seconds on high. Add pilchards, basil, pepper, salt and Orley Whip. Stir. Heat, covered, on medium for 4 minutes. Add cheese and parsley. Stir and heat for 4 minutes on medium. Spoon over fettucine and serve immediately with a green salad.

GERMAN MACARONI CHEESE

200g elbow macaroni
boiling salted water
2 eggs
275ml milk
2 Tablespoons cottage cheese or sour cream
1 cup grated cheddar cheese (or parmesan, if available)
1 Tablespoon butter or margarine

Cook macaroni in boiling salted water until tender. Beat the eggs and pour into a well-greased casserole. Scald the milk, add the sour cream or cottage cheese and butter or margarine. Stir in half the cheese. Pour mixture into the casserole in a steady stream, stirring all the time. Add the macaroni and sprinkle with the rest of the cheese. Bake at 160°C until set, about 20 minutes. Serve hot with a green salad and herbed French dressing.

LASAGNE

(Tracy Terespolsky)

lasagne noodles, uncooked

Meat filling:

1 large chopped onion
¼ cup oil
1 small tin tomato paste
1 teaspoon salt
¼ teaspoon pepper
2 to 3 cloves garlic
1 tin whole peeled tomatoes
2 bay leaves
½ cup water
½ kg minced beef

White sauce:

1 finely chopped onion
4 Tablespoons parev margarine
3 Tablespoons flour
salt
2 chicken cubes dissolved in 2 cups boiling water
2 egg yolks (optional)

Meat filling: Place all ingredients except mince into a deep pan or pot. Mix well. Toss in the minced beef. Cover and simmer for about 45 minutes, stirring every so often so that the mixture doesn't stick to the bottom of the pan.

White sauce: Heat the margarine in a small pan and fry the onion. Add the flour and a pinch of salt. Make chicken stock by dissolving the chicken cubes in the boiling water. Slowly stir the chicken stock mixture into the onion mixture and cook over low heat until the sauce is thick. Add the slightly beaten egg yolks (for colour). Cook for a few minutes more – don't let the sauce become too thick.

Assembling the lasagne: Grease a large baking dish and place a little of the mince mixture on the bottom. Place a layer of lasagne noodles over this, cover with a layer of meat and cover with a layer of sauce. Continue with noodles, meat and sauce until all the ingredients have been used up, ending with a layer of sauce. Leave to stand before baking for about ½ hour.

Bake at 160°C for 20 – 30 minutes.

PAN PIZZA

Base:

200ml flour
pinch salt
5ml baking powder
25g margarine
70ml milk

Topping:

1 onion, sliced into rings
1 tomato, chopped
2ml origanum
75ml tomato paste
salt and black pepper
6 mushrooms, cleaned and sliced
¼ green pepper, diced
125ml oil or parev margarine
100g Tussers or mozzarella cheese

Sift together the flour, salt and baking powder. Add cut up margarine and rub into the flour mixture. Make a well in the dry ingredients and add milk a little at a time to form a soft, but not sticky, dough. Lightly knead with fingertips. Pat and shape dough into a flat circle - to fit a large frying pan. Sauté the onions in the oil or margarine until soft. Add the green peppers and simmer until tender. Add the mushrooms, salt, pepper and origanum. Lower the heat and add the tomato and tomato puree. Cook until tender. Melt 25g margarine in a saucepan. Fry one side of the base until golden brown. Place the topping on the pizza base. Sprinkle the grated Tussers or mozzarella cheese over the pizza mixture. Place in oven and bake at 200° until ready.

PASTA WITH GARLIC MUSHROOMS

500g oyster or button mushrooms
350 - 400g egg-and-spinach-flavoured noodles
60ml butter
2 cloves garlic - crushed
30ml freshly chopped parsley
45ml brandy or dry white wine
salt and freshly ground black pepper
125ml sour cream
grated parmesan cheese, if available

Rinse mushrooms, shaking off excess water. Leave oyster mushrooms in large bite-sized pieces but slice button mushrooms. Cook noodles in plenty of boiling salted water until just tender. Heat butter with garlic. Add parsley and cook for 30 seconds then stir in mushrooms turning them in melted garlic butter and cooking gently for 2-3 minutes. Add brandy or wine, seasoning and sour cream. Stir well, reheat and add to well-drained pasta. Sprinkle with grated parmesan cheese and serve. (Serves 3-4)

PASTA WITH HERBS

350-400g fettucine, tagliatelle, penne or spaghetti
60ml butter
30ml olive oil
1 clove garlic, crushed
90ml freshly chopped mixed parsley and basil
5 medium eggs, beaten
salt and freshly ground black pepper
grated parmesan cheese, if available

Boil pasta in plenty of salted water until just tender (al dente). Drain in a colander. Heat butter and oil in pasta saucepan with crushed garlic for 1 minute. Take off heat. Add drained pasta and chopped herbs, stirring well to coat pasta with butter and herb mixture. Turn into a warmed serving bowl. Pour over beaten eggs and quickly mix, using 2 forks to lift and turn pasta. Once coated with egg and creamy-looking, season and serve at once with parmesan cheese to sprinkle on top. (Serves 3-4)

PENNE WITH TOMATO AND BASIL

350-400g penne or cut macaroni
75g butter/parev margarine
1 onion, finely chopped
2 gloves garlic, crushed
30ml tomato paste
100ml dry red or white wine or water
30ml freshly chopped basil leaves
OR 1 teaspoon dried basil
salt and freshly ground black pepper
grated parmesan cheese, if available

PIZZA

(Zeta Starograd)

Base

2 cups flour
1 Tablespoon baking powder
¾ teaspoon salt
2 Tablespoons oil
1 cup milk

Topping

1 tin tomato and onion mix
garlic flakes
origanum
cheddar or mozzarella cheese

Cook pasta in plenty of boiling salted water until just tender. Melt butter and fry onion gently until it has begun to soften. Add garlic and stir-fry for a further 30 seconds. Take off heat and stir in tomato paste, wine or water and basil. Reheat gently, check seasoning, then stir sauce into well-drained pasta and serve with grated parmesan cheese.

(Serves 3-4)

Place dough on greased pizza dish. Add tin of tomato and onion mix. Spice with salt, garlic flakes and origanum. Top with grated cheese and topping of your choice such as tomato, mushrooms, olives, green pepper etc. Bake at 180°C for 20 minutes

PASTA SAUCE

6 tomatoes chopped
small onion
50ml basil
salt and pepper
Tabasco sauce to taste
1 clove garlic crushed
45ml balsamic vinegar
180ml olive oil
3ml sugar

Place all ingredients into a blender for 25 minutes. Heat if desired and pour over hot pasta.

PIZZA PASTA

(Barbara Solomon)

1 box macaroni
500ml cream
2 eggs
salt and pepper
1 onion
garlic
1 x tin tomatoes
1 x tin tomato puree
herbs
tuna, mushrooms and/or olives
mozzarella cheese
origanum

QUICK AND EASY PIZZA

Base:

500g self-raising flour
1 Dumpy beer

Filling:

Onions
Garlic
sliced mushrooms
tin of tomato puree
1 teaspoon tomato paste
¼ cup red wine
asparagus cuts, drained
anchovies (optional)
black olives, pitted
mozzarella cheese

QUICK TUNA LASAGNE

(Merryl Nathan)

1 packet broad noodles
2 tins tuna
1 tin tomato and onion mix
250ml cream
1 tub creamed cottage cheese
approx. ½ cup yellow cheese (cheddar or
Tussers)
approximately 1 cup mozzarella cheese
½ packet sliced mushrooms (optional)

Boil macaroni and cool. Add the cream, eggs, salt and pepper. Bake at 180°C for ½ hour. Slice onion and garlic and fry in oil. Add tinned tomatoes and tomato puree. Season with herbs and simmer for ½ hour. Add tuna or mushroom or olive topping. Grate mozzarella cheese over, sprinkle with origanum and bake at 180°C until the cheese has melted. .

Pour beer over the flour and mix by hand to form a soft, pliable dough. Spread the dough onto a dish or baking tray. Sauté chopped onions, garlic, fresh, sliced mushrooms, tomato puree, tomato paste and red wine. Allow to simmer until it thickens. Spread over the prepared base. Add the asparagus cuts, anchovies, olives and anything else of your choice. Sprinkle with grated mozzarella cheese and bake at 180°C for 20 to 30 minutes until cooked.

Tip: The pizza can be baked for 10 minutes, then frozen when cool. Defrost when required and complete the baking and serve.

Cook the tomato and onion mix, the cream, cheeses, tuna and mushrooms together over a low heat, until the cheeses have melted. Add to the noodles and mix together. Pour into an oven-proof dish. Cover the top with cheese. Bake at 180°C for approximately 30 minutes. Turn to grill and brown the top.

SPINACH LASAGNE

6-8 sheets lasagne
250-400g ricotta cheese
1-2 bunches spinach – chopped
2 tins Italian tomatoes OR 4-5 very ripe fresh tomatoes
½ head celery, chopped
1-2 pkts mushrooms, sliced
2 teaspoons salt
pinch nutmeg
2-3 teaspoons dried origanum
500g tomato puree

STIR FRY NOODLES

(Jilly Suttner)

carrots
peppers
marrows
cabbage (1/4)
mushrooms
onion – sliced
grated ginger and garlic
soya sauce
300g spaghetti

Cook the lasagne sheets according to directions on the packet and set aside. Chop the tomatoes. Mix the rest of the ingredients in a large bowl. Layer the spinach mixture with the lasagne sheets in a flat, ovenproof dish and bake at 180°C for 60 minutes.

Cook spaghetti and set aside. Saute onion, ginger and garlic. Add carrots, then marrow, then cabbage, thinly sliced mushrooms and thinly sliced peppers. Don't over-cook as vegetables must be crunchy. Add noodles and mix in with vegetables. Add soya sauce to taste. Serve when ready.

TAGLIATELLE AL PESTO

875ml boiling salted water
250g tagliatelle noodles
30g butter

Pesto Sauce

30g pine kernels, cashew nuts or almonds, finely chopped
60g fresh basil, marjoram, thyme or parsley, finely chopped
30g parmesan or cheddar cheese, grated
2 teaspoons blue cheese, crumbled
4-5 Tablespoons olive oil
salt to taste

Make the sauce. Pound all the sauce ingredients in a pestle and mortar to form a smooth paste. Rub through a fine sieve or liquidise in a blender to make it even smoother. Drop tagliatelle, a few at a time, into the boiling water. Cook until just soft. Drain through a colander and rinse in hot running water.

Transfer tagliatelle to a heated dish and mix in the butter. Pour over the pesto sauce and serve. Garnish with grated parmesan cheese served in a separate dish.

TAGLIATELLE WITH MUSHROOMS AND GREEN VEGETABLES

75ml olive oil
1 clove garlic
20g broccoli, sliced
150g young green beans cut into 2cm pieces
1 green pepper cut into strips
125g mushrooms, sliced
salt and pepper
fresh basil, chopped
125ml pine nuts, chopped
500g tagliatelle, cooked al dente

Heat 2 Tablespoons of olive oil in a pan. Gently fry the garlic until golden. Add the broccoli and beans and stir-fry for two minutes. Add green pepper and stir-fry for 2 minutes. Add mushrooms and stir-fry for 1 minute. Add salt and pepper to taste. Blend the basil and pine nuts together in olive oil. Add this to the vegetables and toss. Serve with tagliatelle.

THREE CHEESE MACARONI AND CHEESE

1 packet macaroni
2 tins tomato and onion
2 slices feta cheese
grated Tussers cheese
grated cheddar cheese

Boil the macaroni with a little salt and oil until soft. Rinse with cold water, and drain. Put the macaroni into an ovenproof dish. Pour over the tinned tomato and onion. Cut the feta into small pieces and sprinkle over the tomato and onion mixture. Then put the grated cheeses on top, and mix all together. Finally, add more grated cheese on top of the macaroni and sprinkle with Italian spice. Bake at 180°C for 20 to 30 minutes, until golden brown.

TOMATO SAUCE

500g tomatoes – skinned and thinly sliced
1 medium onion – thinly sliced
1 clove garlic – crushed
1 teaspoon origanum
1 teaspoon basil
50ml vegetable stock
2 teaspoons tomato paste
2 Tablespoons olive oil
salt to taste
freshly ground black pepper to taste
1 teaspoon brown sugar
1 teaspoon mustard powder
1 Tablespoon butter or margarine

Place tomatoes, onion, garlic, herbs, tomato paste, olive oil and stock in a saucepan. Cook covered until the vegetables form a pulp. Stir in salt, pepper, sugar, mustard and butter or margarine. Cook until thick, stirring frequently. Serve on cooked pasta

Variation:

Add to 275ml of the sauce 175g sliced mushrooms sautéed in 2 Tablespoons butter or margarine for 3 to 4 minutes. Simmer for a few minutes, then serve on cooked spaghetti, garnished with black olives and grated parmesan cheese.

TUNA LASAGNE

1 ½ onions
175g butter
400g fresh sliced mushrooms
½ cup flour
2 cups milk
½ cup cream
1 cup grated cheddar cheese
paprika
salt
black pepper
2 tins tuna, drained and flaked
2 cloves garlic, crushed in 50g butter
½ cup tomato soup
1 dessertspoon cornflour
½ cup cold water
½ teaspoon mixed herbs
½ teaspoon parley
250g green lasagne noodles

Boil lasagne in salted water with 1 Tablespoon of oil, until tender. Drain and set aside.

White Sauce: Grate ½ onion finely and sauté in 125g butter with sliced mushrooms. When the liquid from the mushrooms has cooked away, add flour and stir over heat. Slowly add milk, stirring all the time. Add cream and stir until smooth. Remove from heat. Add grated cheddar cheese and season to taste with paprika, salt and black pepper. Set aside.

Tuna Sauce: Sauté 1 onion and the garlic in 50g butter. Stir in tomato soup and cornflour with ½ cup cold water. Add tuna. Add mixed herbs and parsley. Butter casserole dish and put alternate layers of tuna sauce, noodles and white sauce in that order. Cover top with foil and bake at 180°C.

TUNA PASTA

(Marie Lessing)

2 small onions
¼ chopped green pepper
½ pkt. sliced mushrooms
1 tin Tuna
3 Tablespoons chutney
4 Tablespoons mayonnaise
grated cheese

Cook enough pasta for two. Lightly fry the onion, green pepper and mushrooms. Stir in the tuna, chutney and mayonnaise and pour sauce over the pasta. Sprinkle grated cheese on top.

TUNA AND MUSHROOM PASTA

450g tuna
1 large onion chopped
90g butter
1 tablespoon parsley
90g mushrooms
300ml cream
2 Tablespoons tomato paste
salt and pepper

Melt butter, add onions & glaze. Add tuna. Add mushrooms & balance of ingredients. Lastly add parsley. Pour sauce over cooked pasta and serve immediately.

TWISTED PASTA WITH LENTILS

(Marion Bloch)

2 teaspoons olive oil
1 large onion finely chopped
1 large carrot, scraped and sliced
4 cloves garlic, crushed
500ml vegetable stock
100g lentils, rinsed
125ml split peas
1 teaspoons finely chopped fresh rosemary or 1ml dried rosemary
2 teaspoons finely chopped parsley
410g can chopped peeled tomatoes
200g fresh spinach leaves, torn into bite-sized pieces
salt and freshly ground pepper to taste
500g twisted pasta shapes (fusilli)
1 Tablespoon cooking oil
2 teaspoons grated cheese (optional)

VEGETARIAN PASTA TRICOLORE

(Cheryl Sulski)

½ packet fusilli noodles (tricolore), cooked
little olive oil
1 clove garlic, crushed
1 punnet baby marrows
1 punnet mushrooms
1 tin tomato and onion mix
2 Tablespoons mushroom or vegetable stock powder
black pepper
onion salt
garlic salt
dried parsley

Heat oil in a large frying pan, fry onion, carrot and garlic for 3 minutes. Add stock, lentils, peas, rosemary and parsley and bring to the boil. Reduce heat, cover and simmer for 15 minutes. Add can of tomatoes, cover and simmer for a further 15 minutes. Stir in spinach and cook for 5 minutes until wilted. Season well and set aside. Cook pasta for about 12 minutes in rapidly boiling water to which salt and oil have been added. Drain well and add to spinach mixture. Toss well over medium heat until heated through. Sprinkle with cheese if desired.

In a heavy-based saucepan or pan, heat a little olive oil and fry the garlic. Wash the baby marrows and slice thickly. Slice the mushrooms. Add baby marrows to the garlic in the pan. When the marrows start to brown, add the mushrooms. Add the tomato and onion mix, the stock powder and the spices. Simmer for 5-10 minutes. Add a little water if too thick. Serve over hot pasta. Top with grated cheese and extra black pepper if desired.

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AUNTY ANITA'S FISH

(Judy Levy)

salt and pepper
flour
fish slices
oil for frying
2 onions, sliced
1 pkt mushrooms
3 to 4 medium potatoes
approx. 1 cup milk
½ cup cream

Parboil the potatoes and then slice. Fry the onions. Fry the mushrooms. Put salt and pepper on fish slices. Dip lightly in flour. Fry for a few minutes in the hot oil. Place in a dish. Add the onions, mushrooms and potatoes. Cover with milk. Bake in a moderate oven. Just before the end, add cream.

ANGELFISH ALMONDINE

600g angelfish fillets
seasoned flour
60 -90g butter
50g flaked almonds

Coat the fillets with seasoned flour. Pan fry in butter for 5 - 6 minutes. Transfer to a hot serving dish. Fry the almonds lightly in butter. Sprinkle over fish. Serve with lemon wedges and sprinkled parsley.

BAKED FISH

(Heidi Herman)

1kg fish fillets
Fish spice
Lemon juice
1 packet onion soup
250ml smetna (sour cream)

Place fish on a flat dish. Season with fish spice and squeeze lemon juice over. Sprinkle over the brown onion soup. Pour over the smetna. Bake at 180°C for 30 minutes.

BAKED HAKE

1kg hake portions
2 Tablespoons lemon juice
10ml mustard powder
salt and pepper to taste
120ml mayonnaise
2 medium apples - chopped
2 onions - chopped finely
parsley
5ml thyme

Grease an oven-proof dish. Place fish in the dish. Mix all the rest of the ingredients. Spread over the fish. Cover and bake at 200°C for 25 - 30 minutes. Garnish with parsley.

BEST WISHES FROM ARNOLD AND JUDY LEVY AND FAMILY

BAKED TUNA

(Karin Chernick)

broccoli
1 tin tuna in oil
1 onion
mushrooms [optional]
butter
1 packet mushroom soup
cream or milk
cheese
breadcrumbs

Cook broccoli and drain off the liquid. Line an oven-proof dish with the broccoli. Drain the oil off the tuna. Flake the tuna onto the broccoli. Heat this oil with a little butter. Fry the onions and mushrooms in the oil. Add the mushroom soup and slowly mix into the oil and onion mixture. Add cream or milk until sauce is formed. Pour the sauce over the tuna. Grate the cheese over and add the breadcrumbs. Bake for 15 minutes at 150°C until brown.

CANADIAN SALMON WITH JULIENNE VEGETABLES

1 - 1.5kg Canadian salmon fillet, skin on
2 Tablespoons fresh ginger
¼ cup fresh lime juice
2 Tablespoons soya sauce
1 teaspoon seasoning salt
Black pepper
125g butter - softened
½ red pepper
½ yellow pepper
½ packet baby corn
½ packet thin green beans
½ packet snow peas
1 leek or spring onion
2 carrots
2 sticks celery
1 packet thin asparagus

Sauce:

2 Tablespoons sweet chilli sauce
¼ cup soya sauce
¼ cup rice vinegar
2 Tablespoons tomato sauce
3 Tablespoons soft brown sugar
1 Tablespoon maizena

Make a paste with ginger, lime juice, soya sauce, seasoning salt, black pepper and butter. Spread onto the fish and grill in the middle of the oven for 15 - 20 minutes just before serving. Cut all the vegetables into very thin julienne slices. Stir fry the carrots and celery in a little oil. Add spring onion, beans, snow peas, etc. - except peppers and baby corn. Remove the vegetables and place in a colander. Prepare the sauce ingredients - except maizena - and place in a wok. Boil and thicken slightly with the maizena. Toss in all the vegetables. Reheat the vegetables in a microwave on high for 5 - 8 minutes. Place the hot fish on a platter and surround with the heated vegetables.

CHEESY ANGELFISH

600g angelfish fillets - halved
250ml grated cheese
1 egg - beaten
20ml cream
5ml mustard powder
Salt and pepper

Pat fish fillets dry with paper towel and place in a greased oven proof dish. Combine all the rest of the ingredients and pour on top of the fish. Bake at 180°C for 20 - 25 minutes until golden brown. Grill for the last few minutes.

CHERYL'S EASY BAKED FISH

(Cheryl Sulski)

firm white fish fillets [hake, kingklip, soles]
salt
pepper
fish spice
mayonnaise
grated cheese
potato crisps - plain, crushed or
cornflakes
paprika

Season fish lightly with salt, pepper and fish seasoning. Place in a greased oven-proof dish. Cover with a generous layer of mayonnaise, then a generous layer of grated cheese and then a generous layer of crushed crisps or cornflakes. Dust with paprika. Bake at 180°C for about 45 minutes till fish is cooked through but not too dry.

CHILLI FISH

fresh hake or any other fish
3 red pepper
1 bunch dahnna [coriander]
4 cloves garlic
salt and pepper
a little oil

Put a little oil in a pot. Add the sliced red pepper. Place the fish on top of the peppers. Place garlic on top of the fish. Add washed and sliced dahnna. Sprinkle with salt and pepper and add another bit of oil. Add water to cover the fish and bring to the boil. Reduce the heat and cook until the water is nearly finished. Leave a little liquid as a sauce.

CREAMY FISH PIE

(Belinda Jacobson)

50g margarine
2ml mustard powder
2 onions - chopped
2 apples - peeled and cored
750g hake - cooked and flaked
25ml maizena
salt and pepper
250ml milk
25ml chopped parsley
Potato topping:
4 boiled potatoes
12.5ml margarine
25ml milk

Heat the margarine and sauté onions and apples for a few minutes. Add cooked fish and mix together. Add the rest of the ingredients - except potatoes - and heat gently while stirring continuously. Pour into a dish and cover with the potato topping. For topping: mash the boiled potatoes with the milk and margarine. Cook at 175°C for about 30 minutes.

CURRIED FISH BALLS

(Judy Levy)

1.5kg hake
1 tin canned apricots
3 onions - sliced
2 apples -peeled and cut
1 cup brown vinegar
1 cup water
2 Tablespoons tomato sauce
2 teaspoons curry
1 cup sultanas
salt and pepper
2 teaspoons sugar
6 ginger biscuits
½ cup water

Mince the hake and fry into fish balls. Drain the apricots and reserve the juice. Boil all the ingredients except apricots, ginger biscuits and water until the onions are soft. Dissolve the biscuits in the water. Combine the boiled liquid and the biscuits. Place the fish balls in a dish. Place apricots among the fish balls. Pour the liquid over.

DILLED FISH BALLS

1kg hake - filleted
1 onion - chopped and fried in oil
1 carrot
2 eggs
breadcrumbs
2 cups mayonnaise
2 cups dill cucumbers
dill juice from cucumbers
salt

Mince the fish with the fried onion and carrots. Add the egg and salt and form into balls. (Wet hands in cold water if the mixture sticks to them). Roll in the breadcrumbs and fry in hot oil until browned. Mix the mayonnaise with the chopped cucumber. Add the dill juice until it forms a creamy mixture. Pour over the fish and refrigerate until ready to use.

EASY BAKED FISH

(Keren Pelkowitz)

Approximately 20 fingers raw kingklip
1 tin tomato and onion mix
1 - 2 tins evaporated milk
sugar to taste (optional)
salt and pepper to taste
grated cheese (optional)

Spice fish with salt and pepper. Grease pyrex dish large enough for fish. Place the fish fingers in rows in the pyrex. Pour tomato and onion mix into a pan. Spice with salt and pepper. Add sugar. Add milk. Stir over medium heat. When mixed together well, pour over fish. Sprinkle grated cheese over the fish (optional). Bake for approximately 30 minutes at 180°C. Serve with salad or vegetables.

FISH AND MAYONNAISE

(Sheena Wolovitz)

Hake or soles
Mayonnaise
Cornflakes

Coat the fish very generously with mayonnaise (no seasoning necessary). Pour generous covering of cornflakes across the surface of the fish. Bake fish for ¾ to 1 hour until very well done and browned around the edges. Serve with rice and salad.

FISH CAKES

(Ariela Propheta)

1kg hake or kingclip
2 eggs
bunch of dill or coriander
2 Tablespoons bread crumbs
salt and pepper to taste
1 teaspoon turmeric

Sauce:

tomato puree
salt and pepper
crushed garlic
2 cups water

FISH FRICADELLES

(Merle Rakusin)

1kg firm white fish
2 slices day old bread
Water or milk
2 cloves garlic - crushed with salt
3ml (½ teaspoon) grated nutmeg
30ml (2 Tablespoons) chopped parsley
15ml (1 Tablespoon) curry powder
10ml (2 teaspoons) Worcestershire sauce
2 eggs
30ml (2 Tablespoons) melted butter
oil for frying

FISH IN SWEET AND SOUR SAUCE

(Monica Amoils)

1kg fish fingers fried in a batter
1 small tin pineapple pieces
2 small or 1 large green pepper
1 onion
oil to fry

Sauce mixture:

3 Tablespoons vinegar
3 Tablespoons sugar
3 Tablespoons soya sauce
3 Tablespoons cornflour dissolved in a glass of water

Mix all the fish ingredients and make into fish cakes. Place all sauce ingredients into a pot and mix till boiling. Add the fish cakes and bring back to the boil. Let it simmer until ready.

Steam the fish and flake finely. Soak the bread in water/milk. Press out the moisture and mix the bread with the fish. Add the garlic, salt, nutmeg, parsley, curry powder and Worcestershire sauce. Lightly beat the eggs with the melted butter and add to the fish mixture. Form into fricadelles and fry in hot oil. Serve with rice.

Arrange fried fish in a shallow dish which is deep enough to contain the sauce. Chop the onion and green pepper and sauté in a small amount of oil. Add drained pineapple pieces on a low heat. Add the mixture to the frying pan and stir continuously till the sauce thickens. Pour over the fish and cover the fish evenly. Set aside to cool and serve cold.

GRILLED FISH

(Yael Grawitzky)

Kingklip or hake fingers
1 egg - beaten
seasoned crumbs
lemon juice
blobs margarine/butter
flour

Dip fish fingers into flour and place on a flat, greased oven-proof dish. Brush the top of the fish with beaten egg. Sprinkle seasoned crumbs over the fish. Squeeze a little lemon juice over and dot with blobs of margarine. Bake for 8 -10 minutes at 200°C until fish is done. Arrange cut rounds of lemon attractively on top and serve.

HEALTHY GRILLED FISH

4 fish fillets
2 Tablespoons sunflower oil
¼ teaspoon paprika
2 Tablespoons melted margarine
lemon halves
2 teaspoons finely chopped parsley

Preheat grill.

Place fish on shallow oven proof dish, skin side down. Pour over the oil and turn the fillets in the oil. Replace fillets skin side down and sprinkle with paprika. Place fish in about 10cm from heat. Grill for 6-7 minutes. Pour over melted margarine. Serve with lemon halved and finely chopped parsley. Sprinkle for added flavour with ¼ teaspoon of cumin.

HONEY/CHUTNEY BAKED FISH

(Caroline Hugo)

Hake or kingklip fillets
60g margarine
60ml honey
10ml curry powder
10ml Worcestershire sauce
25ml chutney
250ml cream

Mix all the ingredients together. Throw over the fish and bake for 30 minutes.

ISLAND STYLE FISH

(Caroline Hugo)

frozen fish pieces
margarine
Sauce:
margarine
garlic
flour
curry powder
cayenne pepper
cream/juice of pineapple pieces/water
mango, pineapple or banana slices
crushed crisps
coconut, turmeric

Place frozen fish pieces in a casserole dish with margarine. Cook for 10 minutes while preparing sauce. In a saucepan melt the butter and add all spices and flour. Mix well and then add liquids to make a sauce. Put mango/pineapple or banana slices over the fish. Sprinkle with crushed crisps and then pour the sauce over. Sprinkle with coconut and turmeric and bake for 20 minutes.

KINGKLIP THERMIDOR

800g kingklip – uncooked
lemon juice
black pepper
2 Tablespoons butter
1 teaspoon chopped onion
cayenne pepper
salt
½ cup white wine
200g sliced mushrooms
1 Tablespoon tomato paste
2 Tablespoons grated cheese
Béchamel sauce:
1 cup milk (or stock from fish)
2 Tablespoons flour
2 Tablespoons butter
1 carrot
1 bay leaf
slice of onion

Place kingklip in a greased casserole. Sprinkle with lemon juice and black pepper. Sauté onion in butter. Add the mushrooms, wine, tomato paste and salt to taste. Cover and bake in a moderate oven for half an hour. Drain off the excess stock which may be used to prepare the béchamel sauce instead of milk. Prepare the béchamel sauce by melting the butter, adding the flour, slowly add in milk and bring to the boil. Add rest of ingredients. Allow to thicken. Pour the sauce over the fish. Sprinkle with cheese. Brown under the grill.

LYCHEE FISH

(Jilly Suttner)

Fish fingers/slices
Flour for coating
1 can lychees
1 red pepper
6 spring onions
3 Tablespoons olive oil
½ cup water
2 stock cubes
3 Tablespoon tomato sauce
1 teaspoon sugar
1 teaspoon cornflour and water
Salt and pepper

Coat the fish in flour and fry until golden brown or grill. Sauté peppers and spring onions and stir for 1 minute. Add combined water, stock cubes, tomato sauce, sugar and salt and pepper. Add strained lychees. Cover and simmer. Add cornflour to thicken. Pour sauce over the fish and serve.

MAYONNAISE BAKED FISH

(Sharin Nathan)

Kingklip pieces
1 tin asparagus
1 tin mushrooms
1 cup mayonnaise
paprika
Grated cheese
Onion flakes

Grease an oven proof dish. Line with the fish. Pour over the mayonnaise. Sprinkle generously with paprika and onion flakes. Add the drained asparagus and mushrooms. Sprinkle with grated cheese. Bake covered with foil at 180°C for 45 minutes until the fish is cooked. Uncover and brown.

PICKLED FISH

1kg fried fish e.g. hake
2 large onions - sliced
8 peppercorns
4 bay leaves
1 cup vinegar
2 cups water
1 dessertspoon curry powder
1 rounded dessertspoon flour mixed with
 $\frac{1}{2}$ cup water
4 heaped Tablespoons apricot jam
salt to taste

QUICK AND EASY BAKED FISH

1 packet frozen fish
 $\frac{1}{2}$ packet white onion soup
 $\frac{1}{4}$ cup milk

In a covered pot, boil onions, peppercorns, bay leaves, vinegar and water until the onions are soft. Mix curry and flour in the water until smooth. Add to the onion mixture and cook until the flour has dissolved. Add the jam and salt. Cook till the sauce thickens. Pour the hot sauce over the fish and refrigerate overnight before serving.

Grease a baking dish and place the frozen fish in it. Mix the soup and milk together and pour over the fish. Cover and bake for one hour at 150°C. Remove cover 10 minutes before serving.

ROASTED KINGKLIP, GRILLED MUSHROOMS AND POTATOES

1kg kingklip fillet - cut lengthwise down centre
 $\frac{1}{4}$ cup flour
olive oil
butter
1 Tablespoon maizena
 $\frac{1}{2}$ teaspoon peri peri powder
1 teaspoon garlic salt
Herbamare (herbal salt)
coarse salt
seasonings salt
10 baby potatoes - halved
1 packet button mushrooms
1 packet brown mushrooms
pepper

Sauce:

2 Tablespoons olive oil
1 cup semi-sweet wine
2 cups vegetable stock
3 spring onions - chopped finely
2 teaspoons freshly chopped parsley
2 teaspoons mustard powder
1 egg yolk
 $\frac{1}{2}$ cup cream
2 Tablespoons lemon juice
1 Tablespoon coarse mustard (optional)

Mix flour, maizena and spices. Dip fish into flour. Melt 2 Tablespoons butter and 4 Tablespoons olive oil and heat in a frying pan till very hot. Quickly fry the fish until just browned. Place on a sprayed baking sheet. Place potatoes in a roasting pan and season generously with olive oil, coarse salt and pepper. Bake at 200°C for half an hour. Remove. Place mushrooms in the same pan and roast with seasonings and olive oil until quite dry - about 20 minutes. Add 2 Tablespoons olive oil to the frying pan. Add wine and boil on high until reduced. Add vegetable stock and reduce further. Whisk in the mustard powder. Remove a little of the liquid and whisk in the egg yolk. Add cream to the yolk mixture. Add yolk mixture back to the frying pan and allow to thicken on a medium heat. Stir in the spring onion, parsley and coarse mustard. Just before serving, place fish under the grill and complete cooking. Heat the vegetables in the oven and heat the sauce. Place the one piece of fish on a platter. Spread the vegetables on top of the fish and then cover with the second piece of fish. Spoon the sauce over the fish and vegetables and serve immediately.

SALMON COTTAGE PIE

(Jenny Sidney)

6 large potatoes
milk and margarine
1 tin [415g] pink salmon
1 medium onion - chopped
2 baby marrows - thinly sliced in rounds
2 carrots - thinly sliced in rounds
¼ yellow pepper - thinly sliced
¼ red pepper - thinly sliced
freshly ground black pepper
½ teaspoon origanum
paprika
margarine

Boil potatoes and mash with milk and margarine. Sauté the onions, baby marrows, carrots and peppers until slightly soft. Mix with flaked salmon, pepper and origanum. Spread into a greased rectangular baking dish. Cover generously with mashed potatoes. Sprinkle lightly with paprika and dot with margarine. Bake in a preheated oven at 180°C for about 20 minutes until heated through and crisp and golden brown.

SALMON FILLET WITH SESAME SEED AND TERIYAKI SAUCE

(Marietta)

2 Tablespoons sherry
2 Tablespoons brown sugar
2 Tablespoons soya sauce
2 Tablespoons oil
½ minced ginger root
2 teaspoons crushed garlic
salmon fillet
2 teaspoons sesame seeds

Boil all ingredients except fish and sesame seeds for 3 - 5 minutes or until thick and syrupy. Pour over fish. Sprinkle with seeds. Bake for 15 minutes at 180°C.

SALMON MOUSSE

1 tin salmon
2 tins tuna
1 cup mayonnaise
175ml whipped cream
1 cup tomato sauce
1 packet lemon jelly and 1½ cups boiling water
¼ cup brown vinegar
2 Tablespoons chopped onion
1 Tablespoon Worcestershire sauce
2 Tablespoons chopped radish
½ Tablespoon red horseradish

Drain the liquid from the salmon and tuna. Flake into a large bowl. Add the rest of the ingredients. Lightly oil the mould with a mixture of oil and water. Add the fish mixture. Allow to set. Unmould onto serving platter.

SAVOURY KINGKLIP

(Heidi Herman)

3 cups cooked kingklip - flaked
60g butter
2 teaspoons paprika
1 teaspoon salt
2 onions - chopped
½ teaspoon black pepper
4 tomatoes - peeled and chopped
1 dessertspoon parsley
2 bay leaves
sugar

Sauté onions in the melted butter. Add tomatoes and cook till soft. Add rest of ingredients and cook for 10 minutes uncovered. Add a bit of sugar to bring out the flavour.

SMOKED FISH AND PASTA

(Mrs. Ann Harris)

½ kg smoked haddock
250g pasta shells
2 eggs – beaten
1 small carton sour cream, plain yoghurt or buttermilk
Milk
Grated cheese
Breadcrumbs

Poach haddock in water till it flakes - about 10 minutes. Boil pasta shells. Mix drained fish and drained pasta and put in a greased baking dish. Beat the eggs with the cream/yoghurt/buttermilk. Add the same carton filled with milk. Cover the fish and pasta with this sauce. Top with grated cheese and breadcrumbs. Bake at 200°C for half an hour.

SMOKED SALMON PARCELS

(Jilly Suttner)

350g best quality smoked salmon
2 lemons
bunch of fresh dill - garnish
225g smoked mackerel fillet
45ml curd or ricotta cheese
fresh herbs
smetna or creme fraiche
salt
freshly ground black pepper

Remove the skin from the mackerel and ensure all bones are removed. Blend or mash with smetna. Add pepper but no salt. Chop the herbs and stir into the soft cheese. Add salt and pepper. Cut the smoked salmon into strips about 2.5 x 7.5cm. Put a teaspoon of one of the fillings (mackerel or cheese) and roll up. Smooth the sides with a knife to ensure that the filling is neatly enclosed. Arrange the fish rolls on a platter. Garnish with sliced lemon and fresh dill.

SNOEK BRAAI

600g snoek fillets or whole snoek
125ml orange juice
125ml tomato juice
30ml sunflower oil
15ml chopped basil, parsley or dill
Salt
Freshly ground black pepper

Mix marinade ingredients and marinade the fish in it for 2 - 3 hours. Braai the fish over medium coals for 6 - 8 minutes on each side for the pieces and a little longer for whole fish. Baste often with the marinade.

SNOEK CURRY

1 onion - sliced
5ml garlic - minced
5ml ginger - minced
Sunflower oil
5ml curry leaves
15ml curry powder
5ml coriander
410g can tomatoes - chopped
600g snoek fillets

SWEET AND SOUR KINGKLIP

Kingklip
salt and sugar water
flour
oil to fry
Batter:
2 cups flour
¼ teaspoon bicarbonate of soda
¼ teaspoon baking powder
2 Tablespoons cooking oil
Sauce:
1 cup vinegar
1 cup water
sugar to taste
pinch of salt
few drops sesame oil
maizena to thicken

10 MINUTE FISH

1kg grilled fish – hake, kingklip
1 teaspoon salt
1 teaspoon pepper
2 cloves garlic
2 Tablespoons butter
1 teaspoon salt
1 minced onion
4 tomatoes - quartered
chopped parsley
½ cup white wine or water
juice of 1 lemon
¼ cup cream

Fry onion, garlic and ginger in a little oil till onion is soft and translucent. Stir in the curry leaves, curry powder and coriander. Cook for 1 minute. Add tomatoes and stir. Add fish and cook covered over a medium heat for about 20 minutes. Serve with rice.

Marinate fish in salt and sugar water for 2 hours. Sprinkle fish with flour. Prepare batter [below] and dip fish in the batter. Deep fry the fish. Batter: Mix all the ingredients except oil to a smooth paste. Add the oil and allow to stand for half an hour. Sauce: boil the vinegar and water. Add the sugar and salt. Gradually add in the maizena. Boil for 5 minutes until glazed. Pour over the fried fish.

Sprinkle fish with salt and pepper. Heat 1 Tablespoon butter in a heavy casserole with a lid. Add onion, garlic pierced on a toothpick, fish, tomato, parsley and wine. NB: cut a wax paper circle to fit the casserole with a small hole in the centre and cover the fish. Bring to the boil, cover and cook on a high heat for 10 minutes. Pour cream over the fish. Mix 1 Tablespoon butter with flour and stir into the cream. Move casserole in circular motion to combine the ingredients and thicken the sauce. Spoon sauce over the fish. Sprinkle with parsley and serve with mashed potatoes.

TUNA AND MUSHROOM CASSEROLE

(Karin Chernick)

4 Tablespoons butter
4 Tablespoons flour
¼ teaspoon pepper
2½ cups milk
1 packet potato crisps
2 tins tuna
¾ cup sliced mushrooms

Melt butter slowly and blend in the flour and pepper. Gradually add in the milk and cook until thickened. Combine ¾ of the crushed potato crisps with the flaked fish, mushrooms and the sauce. Pour into a greased casserole dish and cover with the remaining crushed crisps. Bake in a moderate oven at 175°C for 30 minutes.

TUNA BAKE

(Heidi Herman)

bread crumbs
8 potatoes
4 tins tuna
4 onions
2 green peppers
2 punnets mushrooms
3 tins tomatoes
garlic
frozen vegetables / fresh cut up
vegetables

Sauce:

6 Tablespoons butter
6 Tablespoons flour
2 cups milk
½ teaspoon salt
pinch of pepper
2 extra teaspoons butter for velvet effect

Parboil potato slices. Fry the vegetables with garlic. Prepare a white sauce by melting butter and add flour. Gradually add in milk and then rest of ingredients. Boil till thick. Layer all three ingredients with white sauce and breadcrumbs. Sprinkle over the cheese. Bake at 180°C for 30 minutes.

YELLOWTAIL IN TOMATO SAUCE

30ml olive oil
4 shallots – chopped
225g tin tomatoes - drained and chopped
Salt and freshly ground black pepper
5ml dried thyme
5ml dried rosemary
5ml basil
5ml fennel
6 thick slices yellowtail - washed and dried
flour for coating
50g butter
30ml vegetable oil

Heat the oil in a small pan. Add the shallots, tomatoes, salt, pepper and herbs. Cook over a brisk heat and stir till moisture has evaporated and the mixture is thick and soft. Reduce the heat to low and keep the mixture hot. Season the fish on both sides and roll in flour. Heat the butter and vegetable oil in a large frying pan and fry the fish until golden brown 4 - 5 minutes on each side. Arrange the fish on top of the tomato sauce on a heated serving dish. Serve with pasta.

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TWO MELON SUMMER SOUP

(Leigh Goldin)

750g spanspek
2 to 3 Tablespoons lemon juice
2 ripe sweet melons (1Kg each)
¼ cup lemon juice or lime juice
2 teaspoons finely chopped mint
mint sprigs to garnish
cream to garnish (optional)

Halve the spanspek and scoop out and discard the seeds. Peel and chop the spanspek. Puree spanspek and lemon juice in food processor until smooth. Chill in a covered bowl for at least 12 hours. Halve the sweet melons and scoop out and discard the seeds. Peel and chop the melons. Puree the sweet melon with the lime juice and mint in food processor until smooth. Chill in a covered bowl for at least 12 hours. To serve, place the purees into separate jugs. Pour at the same time, but from different sides, into chilled serving bowls. The soup should stay in different colours. Garnish with mint and cream.

GAZPACHO

(Fiona Minsker)

½ cup diced peeled cucumber
1 chopped green pepper
4 ripe peeled tomatoes
½ cup pimentos
½ cup wine vinegar
2 cups tomato sauce
1 teaspoon salt
2 teaspoons oil
1 carton of cream (optional)

Combine the cucumbers, greenpepper, tomatoes, pimentos, vinegar, tomato sauce, salt and oil in a blender. Chill. Garnish with diced cucumber or green pepper.

BABY MARROW SOUP

(Andrea Disler)

3 Tablespoons margarine
1 large onion, sliced
12 baby marrows, sliced
3 large carrots, grated
1 bunch parsley
9 cups cold water
4 Tablespoons flour
6 vegetable cubes

Melt margarine and fry onions until just soft. Add marrows, carrots and parsley. Add water and stir. Add flour mixed with a little water, and cubes. Boil for about ½ hour. Cool and liquidise. Serve hot or cold. (Cream or Orley Whip can be added if desired).

CHILLED CUCUMBER SOUP – PAREVE

(Susan Terespolsky)

1 onion, chopped
2 Tablespoons margarine
2 chicken stock cubes
3 cucumbers – peeled and sliced
½ cup pareve milk (or soya milk)
Salt and pepper to taste
1.5 litres boiling water

Fry onion in margarine till soft. Mix stock cubes with water. Add cucumbers to pot and simmer until soft. Cool then blend together until smooth. Add pareve cream and season to taste. Refrigerate – preferably overnight.

BEETROOT SOUP (BORSCHT)

6-8 large beetroots
1½ litres water
tartaric acid
sugar
salt

Scrub the beetroots thoroughly, leaving small sections of the stem to prevent “bleeding”. Simmer in the water until the beetroots are soft. Strain off the liquid. Peel the beetroots (can be peeled easily by hand when boiled sufficiently). Grate the beetroots on a coarse grater and return to the liquid. Season to taste with tartaric acid, sugar and salt, using a fair quantity of each to get a good “sweet-sour” taste. Store in refrigerator until required. Keeps for about 1 week. Serve cold with a dash of cream or Orley Whip, or hot with a piece of boiled potato.

BOBBA MARY’S MINESTRONE SOUP

(Robyn Flax)

1 cup white beans
8 to 10 cups water
1 knuckle veal or 500g soup meats
1 cup tomato puree
3 sprigs parsley (cut up)
3 stalks celery, diced (with leaves)
1 cup shredded cabbage
1 Tablespoon salt
¼ teaspoon pepper
4 Tablespoons oil
1 cup diced potatoes
1 cup macaroni (uncooked)
1 clove garlic, cut up finely
3 large carrots, diced
green peas

Soak beans overnight in water. Cook the beans and the meat for 3 hours. Skim the top of the pot. Heat the oil. Then add all the diced vegetables including the garlic and cook over low heat until all the oil has been absorbed. Remove the meat from the soup, then add all the vegetables and boil until the vegetables are soft. Add the tomato puree, salt, pepper and macaroni for the last half hour of cooking.

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CARROT SOUP

2 tins carrots
2 tins boiling water
2 chicken stock cubes
salt and pepper to taste
parsley and croutons
Orley Whip

Liquidise carrots and water. Add chicken cubes. Simmer and add seasoning. Add Orley Whip just before serving. Garnish with croutons and parsley.

TOMATO SOUP

(Vivienne Olwyn)

1 packet carrots
½ medium pumpkin
4 potatoes
3 or 4 tins tomato and onion mix
salt to taste

Boil the diced carrots, chopped pumpkin, diced potatoes and tomato and onion mix together. Add salt to taste. When cooked through, puree and season to taste.

SWEET AND SOUR CABBAGE SOUP

(Stella Mozessohn)

1 Kg flank, cubed
2 cups chopped onions
1 cup grated carrots
6 cups finely shredded cabbage
6 chicken cubes
1 cup honey
½ cup lemon juice
24 cups water (6 litres)

Cook meat, onions, carrots, cabbage, honey and lemon juice in the water until the meat is tender (approximately 3 hours). Add salt and pepper to taste.

CHUNKY VEGETABLE SOUP

(Jilly Suttner)

½ packet frozen mixed vegetables of your choice
1/3 packet frozen pumpkin
3 dessertspoons parev soup powder

Toss the frozen vegetables into a pot and cover with water. Add the soup powder and simmer for 1 and ½ hours.

BUTTERNUT AND BABY MARROW SOUP

(Vivienne Olwyn)

2 butternuts, peeled and cubed
1 pkt baby marrows, diced
6 or 7 carrots, diced
2 tins tomato and onion mix
salt
water

Saute the butternuts, baby marrows and carrots for about 20 minutes. Cover with water and add the tomato and onion mix. Bring to the boil. Season to taste with salt.

BUTTERNUT SOUP

(Belinda Jacobson)

4 cubed potatoes
1 onion, chopped
2 butternuts peeled and cubed (+/- 1 kg)
oil for frying
+/- 1 Tablespoon curry powder – to taste
8 to 10 cups water
3 vegetable soup cubes

Braise onion in a small amount of oil. Add potatoes, butternut and water. When boiling add the curry powder and soup cubes. Liquidise when cooked through (approximately ¾ to 1 hour).

CURRIED PUMPKIN SOUP

(Karin Chernick)

2 onions, chopped
4 leeks, sliced
2 cloves garlic, crushed
1 stick celery, chopped
2 Tablespoons margarine
1 dessertspoon medium curry powder
+/- 1 Kg pumpkin, cubed
6 chicken/vegetable cubes
12 cups boiling water

Melt margarine and fry onions, leeks, garlic and celery in a large pot. Add curry powder and stir for a few minutes. Add the pumpkin and fry for a few minutes. Add the soup cubes and water and cook until soft. Season with salt and pepper. Liquidise and serve. To serve cold, chill the soup and garnish with a drop of cream and chopped chives or spring onion.

BROCCOLI AND FETA CHEESE SOUP

50g butter or margarine
1 onion, chopped
1 teaspoon garlic
250ml milk
500g fresh broccoli
3 Tablespoons flour
salt, pepper, ½ teaspoon nutmeg
4 cups vegetable stock
1 cup cream
200g feta cheese, cubed

Heat butter. Stir in broccoli, onion and garlic. Cover and sweat for 10 minutes. Stir in flour, add stock, milk, nutmeg, salt and pepper. Bring to boil stirring all the time. Cover and reduce heat. Simmer for 20 minutes until soft. Puree. Add the cream and heat through. Once hot, put into plates and garnish with chopped feta.

POTATO, SPINACH AND MUSHROOM SOUP

5 to 6 medium potatoes, quartered
1 leek, sliced
1 carrot, chopped
1 stick celery, sliced
2 teaspoons salt
½ teaspoon nutmeg
1 teaspoon origanum
1 teaspoon marjoram
1 bunch spinach, chopped
250g mushrooms, sliced
10 to 15 pitted olives
¼ to ½ cup fresh cream (optional)

Place the potatoes, leek, carrot, celery, salt and herbs in a large pot. Add 1½ to 2 litres water and bring to the boil. Simmer for about 30 minutes. Remove the stalks from the spinach, add the chopped leaves to the pot, and cook until the potatoes are done. Blend the soup in a food processor until smooth. Pour back into the pot; add the mushrooms, olives and cream. Heat gently and serve.

BABY MARROW AND MELTED BRIE SOUP

(Rayna Esra)

¼ cup oil
1 Tablespoon butter or margarine
4 leeks, sliced
2 medium onions, chopped
250g potatoes, peeled and cubed
1 teaspoon dried dill
600g baby marrows, sliced
5 cups vegetable stock
1 teaspoon salt
125g Br'e cheese
½ cup milk or thin cream
snipped chives to garnish

Place oil, butter, leeks, onion, potatoes, dill and baby marrows in a large saucepan and sweat over low heat, shaking pan occasionally until softening. Add stock and salt, cover and simmer until vegetables are cooked. Cool slightly, then puree in a blender until smooth. If too thick, add a little extra stock. Remove rind from the cheese and discard, and cube the creamy inside. Return puree to saucepan and reheat on low heat, adding cheese and milk or cream. Stir until cheese has melted and soup is piping hot. Check seasoning – you will probably need a little milled black pepper. Spoon into heated bowls and garnish. Serves 8.

EASY SLIMMERS' VEGETABLE SOUP

(Belinda Jacobson)

1 Tablespoon oil
2 onions, chopped
2 cups sliced celery and leaves
4 cups shredded spinach
3 peeled gem squash, pips removed, chopped
250g baby marrow, sliced
4 large carrots, peeled and grated
300g pumpkin or butternut, diced
1 tin tomato and onion braai-mix
4 chicken or vegetable cubes
½ teaspoon pepper
1 medium clove garlic, crushed (optional)
4 Tablespoons chopped parsley
4 to 6 litres water

Heat oil in a deep soup pot. Saute onions until softened. Add all other vegetables and saute until limp. Add soup cubes, water and seasonings. Simmer for 3 to 4 hours until vegetables are tender, adding extra water if the soup becomes too thick. (Omit any vegetables which you don't like).

TUNA FISH SOUP

(Anita Kawalski)

2 tins tomato soup
2 tins pea soup
2 tins flaked tuna
250ml cream
black pepper
chopped parsley

Mix tomato soup and pea soup with 2 tins water and 2 tins milk. (If using packet soups, add 3 cups water and 3 cups milk for the two sachets). Bring to the boil. Before serving, add tuna, cream and parsley and simmer. If necessary, thin the soup with extra water and bring back to the boil. Serve.

MINESTRONE SOUP

(Shaneen Abrams)

1 onion, chopped
1 leek, chopped
1 cup diced carrots
1 diced turnip
¼ to ½ shredded cabbage
½ cup spaghetti
1 tin butter beans
½ cup sliced celery
8 cups water
4 vegetable cubes
1 ½ cups diced potatoes
1 cup frozen peas
1 Tablespoon chopped parsley
small tin tomato puree

MINESTRONE SOUP (MEAT)

(Fiona Minsker)

2 marrowbones (with meat)
4 sticks celery, with leaves
handful parsley
1 leek
4 medium carrots
2 potatoes
2 cups shredded cabbage
2 baby marrows
2 ripe tomatoes
1 parsnip
1 beef stock cube
½ teaspoon chicken stock
1 cup uncooked noodles

Fry onions until glassy. Add the leeks, carrots, turnip, cabbage and celery and fry until wilted. Dissolve the soup cubes in the water and pour over. Add the tomato puree. Cook on medium heat until the vegetables are almost done. Add the potatoes and cook for 10 minutes. Add the butter beans, peas, parsley and spaghetti and cook until ready. Season with salt and pepper.

Dice all vegetables. Place in pot. Cover with cold water, and then bring to the boil. When boiling, place the marrowbones in pot and boil up again. Add 4 teaspoons salt, 1 beef cube and ½ teaspoon chicken stock. Add uncooked noodles and cook until ready.

SNOEK CHOWDER

125ml fish liquid -reserved when fish defrosts
750ml water
2 leeks - sliced
1 onion - chopped
5ml each parsley and tarragon
2ml finely grated lemon peel
1 bay leaf
2 potatoes - peeled and cubed
Salt and freshly ground pepper
600g frozen snoek fillets
125ml cream
125ml milk [optional for thinner soup]

Defrost fish and reserve liquid. Combine fish liquid, water, leeks, onion, parsley tarragon, lemon peel, bay leaf, potato, salt and pepper and bring to the boil. Add fish and reduce heat to medium low. Cook for 35 - 40 minutes. Remove bay leaf and fish bones. Puree mixture in a liquidiser until smooth. Return to the pot and add cream and reheat. Add milk for a thinner soup

YUMMIEST CHICKEN SOUP

(Shelley Tobias)

3 slices shin
2 slices flank
few chicken portions
6 carrots, peeled and left whole
1 whole onion
3 sticks celery
parsley
2 turnips
3 parsnips
3 leeks
4 teaspoons salt
1 teaspoon celery salt
pepper
4 chicken cubes

Wash meat very well. Sprinkle flank and shin with 1 tablespoon salt. Pour boiling water over to cover. Let stand 15 minutes, then drain well. Three-quarters fill a large pot with water. Place on stove to boil. When water is boiling, add the meat and chicken portions, vegetables and seasoning. Simmer for 5 hours. Strain, cool and serve. Freezes very well.

WINTER SOUP (PAREV)

(Mrs. Ann Harris)

1 large onion, roughly chopped
2 cloves garlic, crushed
1 Tablespoon vegetable shmaltz
1 small cabbage, shredded
salt, pepper, bay leaf, pinch thyme
2 litres water
1 large tin butter beans

Soften the roughly cut up onion with the garlic in the vegetable shmaltz. Add the shredded cabbage. Season with salt, black pepper, bayleaf and pinch of thyme. Cover with 2 litres water and simmer for 30 to 45 minutes. Add the butter beans, reserving a few to put in whole as a garnish. Liquidise the soup and serve piping hot with a few whole beans floating in the soup.

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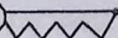
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Website: www.tedkayeglass.co.za

ANITA'S CHICKEN

(Andy Stein)

1 tray chicken portions
1 cup mayonnaise
1 cup chutney
8-10 small pickling onions
A handful of small button mushrooms
salt and pepper

Season chicken portions with salt and pepper. Place in a shallow oven casserole dish. Scatter onions and mushrooms around portions and cover with blended mayonnaise and chutney. Bake in oven on 200° covered with silver foil for first half-hour. Remove foil and bake for another half-hour to an hour until golden brown. Serve on bed of yellow rice and raisins.

APPLE AND ONION CHICKEN

(Fiona Minsker)

1 packet chicken pieces
1 bottle applesauce
1 packet onion soup
bay leaves
peppercorns
water to cover

Place over chicken pieces. Bake covered for about 2 hours.

APRICOT AND HONEY CHICKEN

1 packet (250g) dried apricots
500ml (2 cups) hot chicken stock
8-10 chicken pieces, excess skin and fat removed
seasoned cake flour
oil
1 large onion, sliced into rings
250ml (1cup) honey
250ml (1cup) fresh lemon juice
1 packet (100g) mixed nuts, roasted (optional)

Soak the apricots in the stock until soft. Meanwhile coat the chicken pieces with the seasoned cake flour. Heat a few tablespoons oil in a pan and fry the chicken pieces on both sides. Remove with a slotted spoon and drain on paper towelling. Fry the onion rings in the remaining pan fat until tender and fragrant, and add the chicken pieces and soaked apricots. Blend the honey and lemon juice and pour over the chicken pieces. Cover and simmer slowly until the chicken is tender and done. Add half the nuts, and heat through. Sprinkle with remaining nuts and serve immediately. (Serves 8)

APRICOT CHUTNEY CHICKEN

1 packet chicken portions
2 chopped onions
½ bottle fruit chutney
juice of ½ lemon
1 tin apricots
½ cup water

Brown chicken portions. Fry onion. Add fruit chutney, lemon juice, apricots with juice and water. Bring to the boil. Simmer for 20 minutes. Pour over chicken and bake at 160°C until soft – about 1½ hours.

BARBEQUE CHICKEN

(Merryl Nathan)

1 cup coke
½ cup tomato sauce
1/3 cup apricot jam
1 Tablespoon Soya sauce
garlic flakes
½ pkt onion soup
garlic salt
onion salt

Mix all of the ingredients together and pour over chicken portions. Bake at 180°C covered and when cooked uncover to brown. Sauce can be doubled if required.

BAKED CHICKEN

4 chicken pieces
4 Tablespoons apricot jam or chutney
½ pkt onion soup
4 Tablespoons mayonnaise

Spice the chicken. Mix all the ingredients together and pour over the chicken. Bake, covered, for 2 hours at 300°F removing the lid 10 minutes before serving.

BARBEQUED CHICKEN

(Mrs Kalmin)

chicken portions, boiled
Sauce:
1½ cups tomato Sauce
2 cups stock (gravy) from the boiled chicken
4 heaped teaspoons brown sugar
2 teaspoons prepared mustard
6 Tablespoons Vinegar
2 teaspoons Worcester Sauce
1 teaspoon Tabasco Sauce

Mix sauce ingredients and pour over the chicken pieces. Bake in medium oven for 30 minutes

BBQ CHICKEN

(Judy Levy)

¾ cup tomato sauce
¼ cup water
2 teaspoons sugar or sweetener
1 teaspoon mustard
1 teaspoon Worcester sauce
½ teaspoon Tabasco sauce
1 Tablespoon chutney
3 Tablespoons Vinegar
Mushrooms

Cut chicken into pieces. Fry and add sliced onion. Place both in casserole dish with sliced mushrooms. Pour sauce over and bake in 300°F oven until tender.

CHICKEN A LA KING

(Mandy Bloch)

3 chicken breasts, par boiled, deboned and cut into small chunks
1 onion chopped
2 Tablespoons oil
3 Tablespoons flour
¼ teaspoon salt
¼ teaspoon paprika
1 chicken stock cube
2 -3 cups of water
2 Tablespoons lemon juice
1 tin mushrooms
1 cup frozen peas or green pepper if preferred

Fry the chopped onions in the oil until soft. Stir in flour, salt and paprika. Add the stock cube and the water stirring all the time. Bring to the boil and add the lemon juice. Add the mushrooms, peas and chicken to the sauce. Mix well. Add a little more water if the sauce is too thick. Serve with rice.

CHICKEN AND PUMPKIN CURRY

45ml (3 Tablespoons) oil
1 medium-sized chicken, cut into pieces
2 large onions, sliced into rings
10ml (2 teaspoons) crushed garlic
10ml (2 teaspoons) fresh ginger
25ml (5 teaspoons) mild curry powder
2 large tomatoes, skinned and chopped
750ml (3 cups) cubed pumpkin
salt and freshly ground black pepper
250ml (1 cup) chicken stock
30ml (2 Tablespoons) freshly chopped coriander leaves

Heat a large heavy-based saucepan and brush the bottom with oil. Fry the chicken pieces until golden brown and remove from the saucepan. Heat more oil, in the same saucepan if necessary, and sauté the onion, garlic and ginger until tender. Add the curry powder and stir-fry for 1 minute longer until fragrant. Add the chicken pieces, tomatoes and pumpkin to the saucepan, season with salt and pepper and pour over the stock. Cover and simmer slowly until the chicken is tender and done. Add the coriander leaves, stir through and serve with rice and vegetables. Serves 4 to 6.

CHICKEN AND RICE

1 chicken cut into pieces
1 cup rice (uncooked)
1 cup frozen mixed vegetables
1 pkt onion soup
1 cup water

Place rice on bottom of dish. Place vegetables on rice. Place chicken on top of vegetables. Sprinkle onion soup. Add cup of water. Bake for approximately 1½ hours.

Variations:

1. Use 1 litre ginger ale in place of the onion soup and water
2. Use 1 litre salad dressing in place of the onion soup and water

CHICKEN BARCELONA

(Belinda Jacobson)

1 chicken, jointed
Seasoned flour
15ml curry powder
60g margarine
30ml cooking oil
300ml chicken stock
Juice and grated rind of a large orange
10ml lemon juice
15ml flour
30ml orange marmalade

Toss chicken in seasoned flour. Heat half margarine with oil. Brown chicken evenly and drain. Pour off surplus fat from pan. Add curry powder to pan and cook for a minute or two. Add stock, rind and juices and bring to boil. Replace chicken. Cover pan. Cook in oven or on top of stove until tender. Place chicken on a serving dish and keep warm. Soften remaining margarine and blend with flour to form a paste. Whisk into sauce, a little at a time. Cook, stirring until thickened. Add marmalade. Season to taste. Serve on a bed of rice.

CHICKEN CACCIATORE

(Yael Katz)

1 chicken cut into serving pieces
¼ cup oil
2 onions sliced (or one large one)
1 or 2 cloves of garlic, crushed
1 teaspoon salt
Dash of pepper
1 tray or tin of mushrooms (optional)
¼ cup flour
3 tomatoes, skinned and sliced (or 1 tin of tomatoes)
2 cups chicken stock
2 Tablespoons tomato paste
¼ cup chopped parsley
¼ teaspoon mixed herbs
1 packet spaghetti or noodles

Place the flour, salt and pepper into a paper or plastic bag. Put the chicken pieces in the bag and shake well to coat the chicken with flour. Heat the oil in a saucepan and brown the chicken. Take the chicken out and brown the onions and mushrooms and garlic. Put back the chicken and add everything else, (not the spaghetti) cover the pot. Simmer gently for 1 hour. Boil packet of spaghetti or noodles and serve chicken on it. To decorate sprinkle with chopped parsley.

CHICKEN EXOTICA

Chicken pieces
1 large onion
3 diced tomatoes
1 cup tomato sauce
½ cup Worcester sauce
1 Tablespoon Soya sauce – optional
½ cup chutney
1 teaspoon brown sugar
1 chicken cube
1 cup boiling water

Fry chopped onions and tomatoes. Add chicken cube dissolved in boiling water and simmer for 5 minutes. Add the rest of the ingredients. Simmer for 10 minutes. Pour sauce over chicken and bake at 180° covered for about an hour.

CHICKEN CASSEROLE WITH OLIVES AND PRUNES

Chicken portions
1 cup white wine
1 cup brown sugar
¼ cup parsley chopped

Marinade:

½ head garlic, peeled and crushed (4-5 cloves)
¼ cup dried origanum
salt and pepper
½ cup red wine vinegar
¼ cup olive oil
1½ cup pitted prunes
½ cup green olives (optional)
¼ cup capers and juice
6 Bay leaves

Mix the sauce ingredients and marinate the chicken overnight. Sprinkle with brown sugar and wine. Bake at 180° for 1 hour approximately, until golden brown. Sprinkle with parsley.

CHICKEN DELIGHT

4 skinless Chicken Breasts
2 Tablespoons low-fat Salad Cream
2 Tablespoons tomato sauce
1 Tablespoon chutney
1 teaspoon garlic, salt & pepper
1 teaspoon mixed herbs
1 Tablespoon lemon juice
1 Tablespoon Balsamic vinegar

Mix all ingredients, except chicken, together. Place the chicken in a casserole dish and coat with the mixture. Bake at 180° for 20 minutes covered and ten minutes uncovered.

CHICKEN GLAZE

Adi Lew

1 ready roast chicken
2 Tablespoons mustard powder
1 cup apricot jam
2 cups tomato sauce
½ cup lemon juice

Pour over roast chicken and grill for 10 minutes.

CHICKEN IN ORLEY SAUCE

1 chicken cut up
Sauce:
2 Tablespoons tomato sauce
½ grated onion
2 Tablespoons Orley Whip
2 Tablespoons schmaltz
2 Tablespoons Worcestershire sauce
2 Tablespoons water and 1 stock cube
garlic salt, salt and pepper

Pour sauce over chicken. Put in roasting pan. Cover with grated crisps or peanuts. Bake at 350°F for about 1¼ hours.

CHICKEN PIE

Gayle Burbaitzky

1 cooked chicken, cut into bite sized pieces
1 large onion, chopped
1 large tomato, chopped
250g mushrooms, sliced
2 Tablespoons flour
1½ cups Chicken stock
Oil for frying
Salt and pepper to taste
Pastry for topping (puff pastry, thawed)

CHICKEN PILAFF

2 cups rice
diced chicken
chopped onion, celery, mushrooms
peas
4 cups stock
seasoning
oil

CHICKEN WAIKIKI

(Judy Levy)

Chicken portions
Salt
Garlic
Peri peri sauce
1 tin pineapple chunks

CHICKEN WITH CHERRIES

1 chicken or chicken portions
1 tin cherries
1 cup red wine
1 Tablespoon cornflour
little water

Fry onions until soft. Add tomatoes fry until soft. Add sliced mushrooms. Cook until mushrooms are soft. Sift flour. Add to vegetables and mix. Add chicken stock and bring to the boil stirring slowly. Add chicken pieces. Remove from stove. Place food in casserole dish. Cover with pastry. Bake at 180° until pastry is golden brown.

Heat oil in large pan and add rice – stir until coated. Pour in stock and boil quickly. Cover and simmer for 20 minutes. Meanwhile, heat oil in another pan and fry onions until golden brown. Add peas, celery, mushrooms, chicken and seasoning. Then stir into rice mixture. Serve with lemon.

Sprinkle chicken portions very lightly with flour on both sides. Add salt, garlic and peri-peri sauce. Pour syrup from small tin of pineapple pieces over chicken. Also fruit to be placed among pieces of chicken. Liquid should be very syrupy when cooked. Bake at 300°F for 1½ hours.

Roast chicken until tender. Cut into serving portions and place in a casserole dish. Make sauce by simmering cherries and juice and red wine. Mix cornflour with water and add to the liquid. When it starts to boil, pour over the chicken. Place in the oven and cook until tender.



JASMINE FRAGRANT THAI RICE

CHICKEN WITH ALMONDS

A simple yet elegant Thai dish that is a perfect combination with the Jasmine rice.

1 cup Jasmine Fragrant Thai Rice
¼ teaspoon salt
½ egg white, beaten
1 Tablespoon cornflour
300g chicken thigh fillets, cut into pieces
3 Tablespoons oil
2 to 3 red chillies, chopped
3 to 4 spring onions, cut into 5cm pieces
1 red pepper, seeded and cut into cubes
1 to 2 cm ginger, finely chopped
1 Tablespoon soy sauce
1 Tablespoon sherry
1 cup almonds, toasted
few drops sesame oil, optional

Prepare the Jasmine Fragrant Thai Rice according to the directions on the packet and keep warm. Mix salt, egg white and cornflour together. Add the chicken pieces. Heat the oil and fry the chillies, spring onion, red pepper and ginger lightly. Remove from the pan. Stir-fry the chicken cubes, adding more oil to the pan or wok if necessary. Return the vegetables to the wok and stir in the soy sauce and sherry and stir-fry until heated through. Stir in the almonds and sesame oil before serving accompanied with the hot rice.

Serves 4 to 6.



CHICKEN WITH MUSHROOMS

6 whole chicken breasts
flour
salt and pepper
125g Cardin
250g small mushrooms
2 cloves garlic
1 cup water
1 teaspoon mustard
3 chicken stock cubes
 $\frac{3}{4}$ margarine/ $\frac{3}{4}$ cup Orley Whip
4 egg Yolks
1 teaspoon cornflour

Remove skin from chicken. With sharp knife, carefully remove the meat from the bone keeping the meat in one piece. You will then have 12 pieces of chicken. Pound chicken breasts out lightly. Coat lightly with flour seasoned with salt and pepper. Heat margarine in frying pan, add a few pieces of chicken, cook gently until light golden brown, remove from the pan and repeat with the remaining chicken, remove from the pan. Add sliced mushrooms and crushed garlic to pan, cook for 3 minutes. Add water, mustard and crumbled stock cubes. Stir until combined. Return chicken to pan, bring to simmering point. Cover pan; simmer gently for 20 minutes. Remove chicken from pan. Keep warm. Remove pan from heat, gradually add combined Orley Whip, egg yolks and cornflour, and stir until combined. Season with salt and pepper. Return pan to heat; stir until sauce just comes to simmering point. Simmer very slowly for 2 minutes. Return chicken to pan, simmer further 2 minutes.

CHICKEN WITH VEGETABLES

chicken portions
brinjals
mushrooms
green pepper
onions
garlic
tomatoes
butternut
potatoes
carrots

Peel all the vegetables and cut them into thick slices. Wash the chicken and put into a casserole dish. Add some of the onions, tomatoes, green pepper, brinjals and carrots, mushrooms and butternut and then the chicken. Put the rest of the vegetables on top of the chicken. Spice with garlic salt, chicken spice, Italian spice and paprika. Add a little bit of water; cover the dish with foil and bake at 180°C until the chicken is brown.

CHUTNEY CHICKEN

chicken pieces
1 onion
1 green pepper
1 container mushrooms
1 tin tomato puree
 $1\frac{1}{2}$ cups chutney

Season chicken pieces. Fry one onion (chopped) in oil until golden brown. Add 1 green pepper and 1 container of mushrooms. To the mixture add 1 tin of tomato puree and $1\frac{1}{2}$ cups of chutney. When hot, pour over chicken. Bake at 180°C.

COCA COLA CHICKEN

(Marilyn Chazan)

1 chicken
½ cup tomato sauce
½ cup apricot jam
1 Tablespoon soya sauce
garlic and onion flakes
1 tin Coca Cola

Cut chicken into portions. Place in oven dish and sprinkle over garlic and onion salt. Mix tomato sauce, jam, Soya sauce and Coca-Cola and pour over chicken. Sprinkle with garlic and onion flakes and bake until tender.

DIET COKE CHICKEN

Chicken portions
1 cup tomato sauce
1 cup chutney
1 cup water
1 can diet coke
1 pkt brown onion soup

Season the chicken portions. Mix all other ingredients together. Pour over chicken. Bake at 180°C until ready.

EASY CHICKEN

(Sharon Newfield)

1 pkt chicken portions
1 pkt onion soup
250ml orange juice

Place chicken pieces in dish. Sprinkle chicken with onion soup. Pour over orange juice. Bake at 180°C for about 1½ hours.

EASY FRIED CHICKEN

chicken spice
salt
2 eggs
flour

Coat chicken portions in flour mixed with chicken spice and salt, dip in beaten egg and fry until golden brown.

FRIED CHICKEN

(Merle Rakusin)

2 chickens cut into portions
½ cup oil
½ cup lemon juice
2 teaspoons salt
3-4 cloves crushed garlic
1 teaspoon coarsely ground black pepper
1 teaspoon origanum
flour
3 eggs, slightly beaten
oil for frying

Combine the oil, lemon juice, garlic, herbs and seasoning. Marinate the chicken in the mixture for 2 hours at room temperature. Brown well. Roll chicken in flour then dip in egg. Heat oil till very hot, add chicken and fry until well browned and tender. Drain and keep hot.

JESSICA'S HONEY CHICKEN

(Shelly Winer)

chicken thighs or breasts
¼ cup Soya sauce
3 Tablespoons honey
2 Tablespoons apple cider vinegar
3 cloves garlic
½ teaspoon ground ginger
Add a little water if necessary

Season chicken with black pepper and salt. Mix sauce, pour over and bake uncovered at 180°C for 30-45 minutes.

LEMON AND HERB PORTUGUESE CHICKEN

(Lucille Katz)

1 pkt chicken pieces
2 teaspoons chicken spice
2 teaspoons herb blend for chicken
½ - 2 teaspoons Portuguese chicken seasoning
½ teaspoon garlic and herb seasoning
2 teaspoons Telma clear chicken flavour soup
juice of half a lemon
oil equal in quantity to lemon juice

Mix chicken spice, herb blend, seasonings and chicken soup to a thick paste with boiling water. Add juice of half a lemon and oil equal to the lemon juice. Blend and spoon over chicken. Grill or bake. If baking use less oil.

LEMON CHICKEN

(Karen Chernick)

¾ cup olive oil
juice and thinly sliced peel of 1 lemon
½ teaspoon chicken stock powder
Milled pepper
12 Calamata olives, stoned (optional)
8 chicken breast fillets

Mix the first four ingredients together. Brush a little mixture over the chicken breasts and grill or pan fry until done, about 8 minutes. Place remaining oil mixture, including olives, in a small pot and gently warm to heat through. When chicken is cooked, allow to "rest" for 5 minutes, then slice into thick strips. Serve with crispy salad.

LEMON CHUTNEY CHICKEN

1 cup chutney
2 Tablespoons lemon juice
1 teaspoon curry
1 teaspoon ginger
1 dessertspoon oil
1 Tablespoon sugar

Mix together, and fry chicken portions in this mixture OR pour sauce over chicken portions and bake.

MARINADE FOR CHICKEN

2 teaspoons chicken spice
¼ bottle onion flakes
2-3 teaspoons garlic flakes
2 teaspoons paprika
½ teaspoon oregano
½ teaspoon rosemary
1 teaspoon ginger
1 teaspoon parsley
salt and pepper
2 Tablespoons oil
½ cup lemon juice

MARINADE FOR CHICKEN BRAAI

(Judy Levy)

½ cup vinegar
½ cup oil
3 teaspoons salt
¼ teaspoon mustard
garlic
1½ teaspoons Worcestershire Sauce
1½ teaspoons tomato sauce
¼ teaspoon chopped onion
¼ teaspoon paprika

TASTY CHICKEN MARINADE

(Judy Levy)

2½ cups vinegar
2½ cups oil
garlic, pepper
2 teaspoons grated onion
7 teaspoons salt
1 teaspoon Worcestershire sauce
1½ teaspoons Tabasco sauce
6 teaspoons tomato sauce
1½ teaspoons paprika
1 teaspoon mustard

MUSTARD CHICKEN

1 chicken cut into portions
½ cup sugar
½ teaspoon salt
2 Tablespoons flour
1 cup boiling water
½ cup vinegar
1 cup mayonnaise
¼ cup dry mustard

This is for 1 chicken. Combine all spices together. Rub onto chicken and leave for a few hours or overnight.

Mix all ingredients together. Pour over jointed chicken and leave for a few hours or overnight before cooking.

Mix all ingredients together. Pour over chicken portions and leave for a few hours or overnight before cooking.

Beat dry ingredients in boiling water and vinegar until smooth. Add mayonnaise and pour over chicken. Bake at 180°C for about 1½ hours.

ORANGE JUICE CHUTNEY CHICKEN

(Marietta)

1 bottle hot chutney
1 cup orange juice
½ cup mayonnaise
paprika
garlic salt
dried parsley
1 each red, yellow and green pepper
1 large onion
2 tins mushrooms

Beat the chutney, orange juice and mayonnaise well. Lay chicken flat and sprinkle paprika, garlic salt and dried parsley. Chop green, yellow and red peppers and large onion. Fry until glazed. Pour over chicken and pour sauce over chicken. Add 2 tins of mushrooms. Bake at 180°C for 1½ hours. Baste all the time.

PILAFF

left over chicken
1 cup of raw rice
1 chopped onion
1 green pepper (optional, but nice)
½ cup sultanas
½ cup almonds (about ½ packet)
large tomato (boiled and skinned)
salt and pepper
2 cups hot stock (soup cubes)

Dice chicken. Fry raw rice for 2 to 3 minutes. Add chopped onion, chopped green pepper, sultanas, almonds, mashed tomato, salt, pepper and chicken stock. Simmer till done in large pan.

RICE PILAFF

(Stella Mozessohn)

mixed vegetables
1 fried chopped onion
1 pkt chicken pieces
rice
1 pkt onion soup mix

Place rice (raw-fine layer) in a dish. Place vegetables on top of rice. Place seasoned chicken on top of rice. Cover with onion soup. Add about a cup of water. Bake at 180°C until browned.

SKEWERED CHICKEN WITH PEANUT SAUCE

3 chicken breasts, skinned, deboned, flattened and cut into strips
cornflour to thicken
Marinade:
15ml light brown sugar
2½ml curry powder
30ml crunchy peanut butter
60ml soy sauce
60ml fresh lemon juice
2 cloves garlic, peeled and crushed
5ml grated fresh ginger
½ - 1ml crushed fresh chillies
125ml chicken stock

Mix the marinade ingredients together in a bowl. Pour into a flat dish and set aside. Thread the chicken onto skewers, one strip per skewer, zig-zagging the threading. Add to the marinade. Leave for a few hours, or overnight for the flavours to mix.

Remove skewers from the marinade, reserving the marinade. Place the chicken skewers onto a grilling rack and grill or braai. Thicken the reserved marinade with the cornflour. Serve on a bed of rice with vegetables.

SPANISH CHICKEN

(Belinda Jacobson)

1 chicken
500g button mushrooms
1 large green pepper
3 Tablespoons chutney
1 Tablespoon brown sugar
½ cup oil for browning onions
1 large tin tomato puree
3 teaspoons curry powder
1 Tablespoon sugar
3 carrots
1 onion
½ - 1 cup chopped parsley

Brown onion in a little oil. Add thinly sliced green pepper. Brown slightly. Mix other ingredients and add to onion and green pepper. Boil chicken. Debone and dice. Add sliced carrots. Place in a casserole dish, pour sauce over chicken. Bake at 350°F for 30 - 45 minutes.

SPECIAL GRILLED CHICKEN

(Jilly Suttner)

1 chicken cut into pieces (or braai pack)
3 teaspoons grated or minced garlic and ginger
2 Tablespoons sesame oil (hard to get - can use olive oil)
3 Tablespoons Soya sauce - to taste

Add all ingredients to raw chicken and marinade for 2-3 hours. Then grill in oven and serve with rice/noodles/couscous.

SPICY CHICKEN

1 cup tomato sauce
½ cup chutney
¼ cup vinegar
1 chopped onion
2 Tablespoons sugar
Spices to taste

Boil the above for 5 minutes. Pour mixture over the chicken, which has been parboiled. Bake in the oven for ¾ hour at 160°C.

STIR FRY CHICKEN IN BARBEQUE SAUCE

chicken
vegetables of choice cut into strips
20ml tomato sauce
15ml Worcestershire sauce
15ml vinegar
1 stock cube mixed in a glass of boiling water
15ml sugar
5ml prepared mustard
30ml cornflour

Stir-fry chicken that has been cut into thin slices and seasoned - remove from pan. Add vegetables and cook until crisp. Make sauce and mix everything together. Serve on pasta.

SUN-DRIED TOMATO CHICKEN

(Tracy Terespolsky)

1 pkt chicken portions
garlic and herb seasoning
½ to 1 bottle Ina Paarmans sun-dried
tomato sauce/marinade

Sprinkle one packet of chicken portions with garlic and herbs. Pour over ½ to 1 bottle of Ina Paarmans' Sun-dried tomato sauce. Bake covered at 180°C for about 1 - 1½ hours. Uncover to brown.

SWEET CHILLI CHINESE CHICKEN WITH NOODLES

1 pkt fresh egg noodles, boiled
4-6 skinless, boneless chicken breasts
1 cup pineapple juice (tin)
4 Tablespoons light Soya sauce
3 Tablespoons tomato sauce
2 Tablespoons sugar
4 Tablespoons sweet chilli sauce (or
apricot jam with chilli powder)
4 Tablespoons white vinegar
1-2 Tablespoons Maizena, dissolved in
cold water
1 onion, sliced thinly
1 red pepper cut into thin strips
1 yellow pepper cut into thin strips
2 sticks celery, very thinly sliced
1 pkt mushrooms, sliced
2 spring onions, thinly sliced

Cut breasts into small pieces. Heat oil in wok and fry onion until golden brown. Remove. Fry chicken pieces until browned for a few minutes each side. Remove and place with onion. Stir-fry mushrooms until dry, seasoning as you fry them. Remove and place with chicken. Season vegetables with salt and pepper. Stir-fry celery, spring onion and peppers for a few seconds. Remove. Pour sauce ingredients into wok and bring to a boil. Allow to boil rapidly and then thicken with maizena. Place everything back in wok and stir-fry until cooked. Toss with noodles just before serving.

SWEET AND TANGY CURRIED CHICKEN

(Heidi Herman)

250ml tomato sauce
250ml chutney
30ml Worcester sauce
15ml brown sugar
50ml oil
30ml curry powder
30ml apricot jam

Mix all ingredients together and pour over a raw jointed chicken. Bake at 180°C for 1 to 2 hours.

TURKEY

1 teaspoon olive oil
1 teaspoon Dijon mustard
2 cloves crushed garlic
1 teaspoon rosemary
2 Tablespoons lemon juice
salt and pepper
1 teaspoon paprika

Marinate and leave in the fridge for 2-3 hours. Turkey can be flattened – cut down breastbone and flatten. Roast as usual.

Turkey should be roasted at medium temperature for a few hours. Baste often and cook covered so that turkey does not dry out.

TASTY CHICKEN BURGERS

6 deboned and skinned chicken breasts
oil
6 hamburger rolls
lettuce
tomato and onion rings

Marinade:

2 Tablespoons fresh lemon juice
5 teaspoons soft brown sugar
5 teaspoons mild chutney
1 Tablespoon chicken spice
1 teaspoon dried mixed herbs
½ teaspoon salt
½ teaspoon freshly ground black pepper

Place each chicken breast between two layers of plastic wrap and flatten gently with the bottom of a cup or the heel of your hand. Blend all the marinade ingredients and pour over the chicken breasts. Cover and marinate for at least 3 hours. Heat a griddle pan until very hot and brush with a little oil. Grill the chicken pieces until golden brown on both sides and done. Place on the bottom of a hamburger roll and top with lettuce and tomato and onion rings. Serve with a dollop of chutney. Serves 6.

Variation: Fry fresh or canned pineapple rings until slightly warm and arrange a ring on top of each chicken breast.

TWO CHUTNEY CHICKEN

(Shelley Tobias)

2 packets chicken pieces
1 cup hot chutney
1 cup mild chutney
1 pkt onion soup
1 cup tomato sauce
1 cup mayonnaise
1 cup Oros (undiluted)

Mix ingredients together. Pour over chicken. Bake at 180°C for approximately 1½ hours.

WINTER CHICKEN CASSEROLE

1½ cups uncooked rice
oil
1 pkt onion soup mix
1 pkt mushroom soup mix
500g frozen mixed vegetables
8 chicken portions trimmed of excess fat with some skin removed
herb chicken spice
parsley
pepper
paprika
2 Tablespoons Soya sauce
1 teaspoon Worcestershire sauce
few drops Tabasco sauce
2 cups water
½ cup water

Place rice in a pot with 3 cups boiling water. Boil for 3 minutes and pour rice into colander. Rinse under cold water. Brush casserole dish with oil. Place rice on base of dish. Sprinkle rice with half the packet of onion soup mix and half the mushroom soup mix. Sprinkle chicken with given spices. Combine Soya sauce, Worcestershire sauce, Tabasco sauce, water, wine and remaining onion and mushroom soup. Pour over chicken. Bake covered at 180°C for 2 - 2½ hours, till rice is soft. Uncover and bake a further half-hour to brown.

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Janice Novie
BPharm, (Wits) Cum Laude
Exercise Science (IFP) ASTA

A GAHNTZE TZIMMES

1½ to 2 kg boneless brisket
2 Tablespoons shmaltz or oil
3 large carrots
500g prunes
500g dried apricots
1 lemon, thinly sliced
3 large sweet potatoes
juice of one orange
5 cups boiling water
1½ Tablespoons brown sugar
2 Tablespoons flour

Sear meat in hot oil or shmaltz in a heavy pan on top of the stove. Transfer to a roasting pan. Peel the carrots and cut into rounds. Place them around the meat. Add prunes, apricots and lemon slices. Peel the sweet potatoes and cut into slices. Place over the meat and fruit in the roasting pan. Add orange juice to boiling water. Combine brown sugar and flour and add enough water to make a thin paste. Add this paste to the orange juice mixture and pour over the tzimmes. If necessary, add more water to bring water to the top of the tzimmes. Cover. Bake at 200°C for 1 hour. Reduce the heat to 150°C and continue baking for 4½ hours. Uncover and bake for a further 30 minutes.

BAKED SPICY LAMB CHOPS

(Debbie Lemmer)

2 Tablespoons chutney
2 Tablespoons honey
¼ teaspoon curry
salt
lamb chops

Mix chutney, honey, curry and salt. Place the chops in a roasting dish. Bake for 15 minutes each side, then grill on top.

BEEF CURRY

(Vee Michalow)

1 kg cubed meat
1 chopped onion
2 to 3 teaspoons curry powder
1 teaspoon cinnamon
1 teaspoon ginger
3 chopped tomatoes
¾ cups water
¼ cup vinegar
1 teaspoon sugar
2 tablespoons chutney

Brown the onion and add the curry powder, cinnamon and ginger and cook till the onions are soft. Then add the 3 chopped tomatoes and simmer. Add the meat, water, sugar and vinegar and cook for 1 hour. Then add the chutney toward the end of the cooking time.

BEEF STUFFED PUMPKIN

(Barbara Bloomenstein)

Yields 8 servings

1 large pumpkin (2½ kg)
2 teaspoons salt
2 tablespoons vegetable oil
2 cloves garlic minced
1 onion chopped
500g minced beef
3 eggs
2 teaspoons crushed dried sage
1 ½ teaspoons dried thyme
½ teaspoon freshly ground pepper
2 cups cooked rice preferably a mixture of white and wild rice
2/3 cup raisins
½ cup pine nuts

Preheat oven to 180°C. Cut top from pumpkin and remove seeds and strings. Prick cavity with fork and sprinkle with 1 teaspoon of the salt. Heat pot or large skillet. Add oil to pot or skillet. When hot, add garlic and onion and sauté until onion is transparent. Add beef and continue sautéing until browned. Remove from heat and add remaining ingredients. Stuff pumpkin with mixture. Place 1 cm water in bottom of a shallow baking pan large enough to hold the pumpkin. Put pumpkin in the pan and bake 1 to 1 ½ hours. Cut pumpkin into wedges and serve giving both pumpkin and stuffing.

BEEF TZIMMES

1kg carrots, peeled
3 or 4 sweet potatoes, peeled
2kg brisket
500g mixed dried fruit (apricots, prunes, peaches)
1 teaspoon salt
½ cup honey or brown sugar
1 large onion

Chop carrots, onion and sweet potatoes finely. Season meat with seasoned flour (flour with salt, pepper, paprika), and sear on all sides in a heavy pot. Add the vegetables and dried fruit to the meat. Add salt, honey, onion and water to cover. Bring to boiling point and skim the foam off the top. Reduce heat and simmer. Cook uncovered for approximately 2½ to 3 hours depending on size of meat, until the meat is tender to the fork. More water may be added if required. Taste and correct the seasoning. (The sauce can be thickened by adding a mixture of 2 Tablespoons schmaltz and 2 Tablespoons flour made into a paste). Turn into a casserole or baking dish and bake in a pre-heated moderate oven (180°C) for 30 minutes or until brown on top. You can make this in advance and reheat in the oven before serving, if desired.

COCA-COLA ROAST BRISKET

1 fresh brisket
1 cup coca cola
2 cloves garlic
3 Tablespoons tomato sauce
1 onion
1 Tablespoon salt
2 Tablespoons vinegar
¼ cup honey

Liquidise sauce ingredients. Pour over brisket and marinate for about 3 hours. Bake in a covered pan at 150°C for 4 hours.



BRAISED LAMB IN A TOMATO SAUCE

A simple to make all in one supper. Tastic Rice is the perfect rice for this dish as the rice grains do not break up during the cooking. The rice also absorbs all the flavours during cooking.

2 onions, quartered
4 garlic cloves, crushed
1 Tablespoon ground cumin
2 teaspoons ground coriander
2 teaspoons ground turmeric
2 teaspoons ground paprika
salt and pepper to taste
8 pieces lamb e.g. lamb knuckle
¼ cup oil
2 x 410g cans chopped tomatoes, undrained
1 teaspoon sugar
1 to 2 teaspoons salt
4 cups water
1 cup uncooked Tastic Rice
300g baby carrots
1 cup frozen peas or beans

Blend or process onions, garlic and spices until smooth. Make 2 small cuts into each lamb piece and rub in half of the spice mixture. Refrigerate for 3 hours or overnight. Heat half the oil and fry lamb until brown. Remove from the pan. Heat remaining oil, add remaining spice mixture and cook until fragrant. Return lamb to the pan. Add tomatoes, sugar, salt and water and simmer for 1 and ½ hours. Add Tastic Rice and simmer for 10 minutes. Add peas or beans and carrots and simmer for 15 minutes.

Serves 4 to 6.



BOBOTIE

(Belinda Jacobson)

1kg mince
2 onions, finely chopped
1 slice bread
1 cup water
2 eggs
1 Tablespoon curry powder
1½ Tablespoons sugar
2 teaspoons salt, ½ teaspoon pepper
½ Tablespoon turmeric
2 Tablespoons vinegar or lemon juice
½ cup seedless raisins (optional)
4 bay leaves or rind of 1 lemon
3 Tablespoons chutney

Fry the onions. Add the meat. Add bread soaked in water and dried out. Keep the water. Mix all other ingredients together, except for 1 egg and ½ cup water. Place in a greased oven-proof dish and bake at 180°C for 45 minutes. Whisk egg and water. Add after ½ hour.

BRISKET IN BAR-B-QUE SAUCE

(Sharon Newfield)

Approximately 20 pieces cooked brisket
(cut thickly)

Sauce:

1 Tablespoon mustard
1/3 cup syrup
3 Tablespoons lemon juice
4 Tablespoons water
½ cup tomato sauce
1 Tablespoon Worcestershire sauce

Mix all sauce ingredients. Pour over the brisket. Heat for about ½ hour at 180°C.

COTTAGE PIE

1kg mince
½ teaspoon seasoning salt
¼ teaspoon pepper, 2 teaspoons salt
¼ cup crumbs
1 chicken cube, crushed
1 medium potato, peeled and grated
1 small onion, grated
2 teaspoons gravy powder
¼ cup cold water

Topping:

6 medium potatoes
1 egg, beaten
1 Tablespoon flour
1 Tablespoon oil or parev margarine
½ teaspoon baking powder
salt and pepper

Mix together the meat, potato, onion, crumbs, spices and water. Place the meat mixture in and 8 x 12 oven-proof dish. For the topping, boil the potatoes, and when soft, mash. Add the egg, flour, oil, baking powder and salt and pepper. Place on top of the meat mixture, and make patterns with a fork on the top. Bake at 350°F for 40 minutes, or until the potato browns slightly.

CURRY

(Leigh Goldin)

1kg cubed meat
1kg stewing beef
1 onion
2 cloves garlic
juice of ½ a lemon
410g tin curried vegetables

Sauce:

2 Tablespoons curry powder
½ cup chutney
1 Tablespoon sugar
1 Tablespoon turmeric
1 Tablespoon apricot jam
¼ Tablespoon Worcestershire sauce
black pepper and salt
1 tin tomato and onion mix
1 cube beef or chicken stock

DINNER PARTY BEEF ROLL

Sauce:

125g parev margarine
2 large onions, finely chopped
1 clove garlic, crushed
4 teaspoons mild curry powder
2 Tablespoons flour
4 cups beef stock
2 Tablespoons brown sugar
3 Tablespoons chutney
½ teaspoon salt
2 teaspoons lemon juice

Roll:

1,5kg flat beef roast (for rolling)
salt and black pepper

Filling:

¼ cup (60g) margarine
2 onions, chopped
3 teaspoons mild curry powder
½ teaspoon salt
3 hard-boiled eggs, chopped
2½ cups cooked Tastic rice

Brown onion and crushed garlic in a tablespoon of oil. Then brown meat. In a bowl add the sauce ingredients. Cover meat with water and then add the rest of the ingredients and let cook for 2 hours in a pot on the stove. About 10 minutes before end of cooking time add tin of curried vegetables.

Start by preparing the sauce: Heat the margarine and fry onion and garlic. Stir in the curry powder, then the flour. Add stock, then remaining sauce ingredients. Simmer covered for about 15 minutes.

Rub salt and pepper into meat. Lay meat flat. For the filling, heat the margarine and fry the onions until tender. Stir in the curry powder and fry for a few more minutes. Stir in remaining ingredients and cool.

Spread the filling over the meat. Roll up neatly, pressing any stuffing back in if it oozes out. Tie with string or secure with skewers and lace up with string.

Brown roll in an oven-proof dish over a hot plate, before roasting. Spoon sauce over, cover tightly with a lid and oven roast at 160°C for 2 to 2 ½ hours, basting now and again.

To prepare in a slow cooker: First brown the roll in a little heated margarine or schmaltz. Place in the pot of the slow cooker. Cook on high for 4 hours, or on high for 1 hour, then on low for 5 to 7 hours.

EXOTIC MONKEY GLAND STEAK

1kg tenderised steak
2 large onions
4 Tablespoons tomato sauce
1½ Tablespoons Worcestershire sauce
salt, pepper, paprika
1 dessertspoon syrup
1 dessertspoon sugar
2 Tablespoons diced green pepper
1 heaped teaspoon mustard
2 Tablespoons mustard pickles
good shake garlic flakes
¾ cup vinegar and water mixed 50-50
flour mixed with a little water, to thicken
1 punnet mushrooms, halved

Wash and dry the steak pieces and rub with mustard. Sprinkle with salt and pepper. Cut a little slit on the steak so that it doesn't curl up. Fry onions and green peppers in oil until light brown. Add the rest of the ingredients, except for the mushrooms. When the sauce starts to boil, put the steak piece by piece into an oven-proof dish, covering each piece with sauce and mushroom halves. Cook on low to medium in the oven for about 35 minutes. Serve with mashed potatoes or rice and green peas.

FRENCH BEEF STEW

(Mrs. Ann Harris)

1kg chuck steak, cubed
1 onion
1 clove garlic
2 x 340ml cans beer
5 potatoes, peeled

Brown onion and garlic in a sprayed iron casserole or a big stew pot. Brown the meat until all the red has disappeared. Cover with the beer and simmer on top of the stove or in the oven - 140°C - for three hours. An hour before the stew is ready, add peeled potatoes cut in large chunks (one or two per person). This can be prepared a day before required, and if left to go cold, the fat can be taken off the top. Freezes very well.

Note: Allow one kilogram of meat for 4 to 5 people. Allow one onion and 1 clove garlic per kilo of beef. Use 2 x 340ml cans beer per kilo of meat.

GINGER ALE BRISKET

(Shelley Tobias)

1½ kg fresh brisket
1 litre Ginger Ale
1 packet mushroom soup
1 packet onion soup
¾ cup tomato sauce
3 large onions, sliced
5 bay leaves
½ cup chutney
1 teaspoon pepper corns

Mix the ingredients together. Pour over the brisket. Cook uncovered (until tender) at 180°C - approximately 2 hours. If the sauce appears to be drying out, cover the brisket.

FRUITY BEEF CURRY WITH YELLOW RICE

4 Tablespoons oil
2 onions, chopped
750g stewing steak, cubed
½ cup brown vinegar
2 teaspoons curry powder
2 teaspoons masala
1 teaspoon salt
½ teaspoon black pepper
½ teaspoon mixed herbs
2 whole cloves
1 teaspoon ground ginger
4 Tablespoons brown sugar
1 bay leaf
1 cup water
1 cup pitted prunes

Yellow Rice:

1 cup raw Tastic rice
2½ cups water
1 teaspoon salt
½ teaspoon turmeric
½ cup raisins or sultanas

Heat the oil and fry the onion until soft but not brown. Add the stewing steak and fry for a few minutes. Mix the brown vinegar, curry powder, masala, salt, pepper, mixed herbs, cloves, ginger and brown sugar together, and pour over the meat. Bring to the boil, then add the bay leaf and water. Simmer the curry for 1 to 1½ hours or until the meat is tender. Add more water should the gravy become too thick. Add the prunes to the curry 15 minutes before serving.

To make the yellow rice, place the Tastic rice, water, salt and turmeric in a saucepan and bring to the boil. Cover the saucepan and simmer for 15 minutes. Add the sultanas or raisins and continue to simmer until all the liquid has been absorbed and the rice is cooked.

HILARY'S SWEET AND SOUR MEATBALLS

500g minced meat
¼ cup bread crumbs
spice of choice

Sauce:

720g tomato juice
¼ lemon juice
½ cup brown sugar

Mix minced meat with breadcrumbs and roll into balls. Put into boiling sauce. Reduce heat and cook for 30 minutes.

LAMB OR VEAL WITH BARBEQUE SAUCE

(Judy Levy)

2kg lamb or veal roast
salt and pepper

Sauce:

¾ cup tomato sauce
½ cup oil
¼ cup vinegar
¼ cup Worcestershire sauce
½ teaspoon thyme
1 teaspoon mustard
2 Dessertspoons brown sugar
1 onion, grated
garlic and mint to flavour

Sprinkle salt and pepper over the meat. Cook in 180°C oven for ½ hour. Make the sauce by mixing all the ingredients together. Pour the sauce over the meat after it has cooked for ½ hour. Roast slowly at 160°C, turning and basting while it is cooking.

MEATBALLS

(Vee Michalow)

1kg minced meat
1 chopped onion
2 Tablespoon oats
3 teaspoons sugar
1 grated carrots
1 egg
spices to taste

Mix all the above ingredients together. Shape mixture into balls and fry.

MEATBALLS IN TOMATO SAUCE

500g mince meat
1 onion, finely chopped
4 cloves garlic, finely chopped
1 egg white, lightly beaten
1 cup fresh white breadcrumbs
 $\frac{1}{2}$ cup finely chopped fresh parsley
2 teaspoons origanum
 $1\frac{1}{2}$ kg ripe tomatoes
2 onions, finely sliced
 $\frac{1}{2}$ cup tomato paste
 $\frac{1}{2}$ teaspoon sugar
350g penne noodles

Combine the mince, onion, $\frac{1}{2}$ the garlic, the egg white, breadcrumbs, $\frac{2}{3}$ of the parsley and 1 teaspoon of the origanum in a large bowl. Season with salt and pepper. Mix with the hands until well combined. Shape into small balls – approximately 36. Fry the meatballs in batches for 4 to 5 minutes in a little oil, until browned. Turn the meatballs constantly to prevent them from sticking. Blanch the tomatoes by scoring an "x" in the base of each tomato. Place them in a heatproof bowl and cover with boiling water. Leave for 1 minute, or until the skins start to come away. Drain the tomatoes. Plunge them into a bowl of iced water, then peel the skin from the tomatoes, and roughly chop the flesh. Fry the sliced onion and remaining garlic in a little oil. Cook over low heat for 2 to 3 minutes, stirring constantly. Add 2 Tablespoons water, cover and cook gently for 5 minutes to soften the onion. Stir in the tomato and tomato paste. Cover and simmer for 10 minutes. Uncover and simmer gently for 40 minutes. Add the meatballs, cover and simmer for another 15 to 20 minutes, or until the meatballs are just cooked. Add the sugar, remaining parsley and origanum and season with salt and pepper. Cook the penne in a large pot of rapidly boiling salted water until al dente, then drain. Serve with the hot meatballs.

BEST WISHES FROM STAN, KARIN AND THE CHERNICK FAMILY

MINCE BALL AND BABY MARROW CASSEROLE

(Tracy Terespolsky)

3 to 4 medium potatoes

½ kg minced beef

1 to 2 packets fat baby marrows

Mince balls:

½ kg minced beef

Sauce:

2 beef cubes

2 cups boiling water

1½ Tablespoons gravy powder

OR 1 - 2 tins tomato and onion casserole

Mince balls: Roll mince into small balls. Place a little oil into a frying pan and heat. Fry mince balls until brown and place in an oven-proof dish.

Core the baby marrows and stuff with mince. Arrange in dish with the meatballs.

Peel the potatoes and cut into quarters. Parboil the potatoes and then arrange them in dish with the meat balls and baby marrows.

Dissolve the beef cubes in water in a pot and bring to the boil. Dissolve the gravy powder in a little water and add to the beef stock mixture. Stir until the gravy has thickened. Pour the gravy or tomato/onion mixture over the meat balls, baby marrows and potatoes, and bake at 180-200° for about 1 hour – until the potatoes have cooked.

MONKEY GLAND STEAK

6 pieces steak (scotch fillet steak OR tenderised steak)

6 Tablespoons tomato sauce

6 Tablespoons chutney

6 Tablespoons oil

3 Tablespoons vinegar

1 Tablespoon Worcestershire sauce

1 Tablespoon chopped onion

salt, pepper

The sauce must be prepared in advance. Fry the onion in the oil. Add the tomato sauce, chutney, vinegar, Worcestershire sauce, salt and pepper, and boil until the sauce thickens slightly. Grill the steak. Place the steak in a casserole dish. Pour the hot sauce over the meat and cover. Heat in the oven (+/-180°C) for 5 to 10 minutes

OLD FASHIONED POT ROAST

(Sylvia Ginsberg)

2kg beef roast or lamb shoulder

3 Tablespoons shmaltz

3 onions, diced or sliced

2 cloves garlic, minced

1 carrot, grated

1 stalk celery, diced

1 green pepper, diced

½ teaspoon paprika

4 bay leaves

10 peppercorns

1 small red pepper

1½ cups beef stock

2 Tablespoons brown sugar

2 teaspoons salt

Heat shmaltz in a heavy pot and braise the meat until brown on all sides. Add the remaining ingredients in the order listed. Cover and simmer for 1½ to 2 hours. Slice meat and serve with gravy from the pot.

MARINATED STEAK ROLL WITH ONIONS

3Kg scotch fillet, rolled and tied
1kg onions, thinly sliced
2 cups dark beer
½ cup oil
¼ cup vinegar
4 cloves garlic, pressed
3 bay leaves
1 Tablespoon dry mustard
1 teaspoon black pepper
1 teaspoon basil
1 teaspoon rosemary
½ teaspoon thyme
½ teaspoon oregano
½ teaspoon marjoram

Place meat in a large dish with a lid. Slice onions. Combine rest of ingredients and pour over the meat and onions. Cover and leave to marinate in the fridge for 48 hours, turning meat every now and again. Remove meat from marinade and place in a roasting pan. Drain onions from marinade and spread them around the meat. Place in a hot oven (220°C) and brown meat on all sides. Reduce oven to 190°C and roast, basting frequently with the marinade using liberal quantities of it until it is all used up. When meat is cooked – it should take about 2 hours – remove the meat and place it on a warm plate in the warming oven. Skim fat off the gravy. Serve the meat whole, and pass the gravy, or slice it, arrange the slices nicely on a platter and pour the gravy down the centre, placing the remainder of the gravy in a sauceboat to serve separately. Decorate well with parsley and surround the meat with stuffed mushrooms (see Stuffed Mushrooms Recipe).

PICKLED BRISKET IN MUSTARD SAUCE

2Kg pickled brisket
1 Tablespoon mustard powder
1 Tablespoon sugar
1 Tablespoon vinegar
2 bay leaves
few peppercorns
water to cover

Sauce:

½ cup sugar
¼ cup mustard powder
½ teaspoon salt
juice of a lemon
1 cup boiling water
½ cup white vinegar
1 cup mayonnaise
2 Tablespoons flour

Boil the brisket slowly for 3 to 4 hours in water to cover with mustard, sugar, vinegar, bay leaves and peppercorns added to it. When the brisket is done, plunge it into cold water, and then slice. [Meat is always easier to slice when it has cooled]. Make the sauce by placing flour dissolved in a little water to form a thin paste, mustard, sugar, salt and boiling water into a pan. Bring to the boil stirring well to avoid lumps. Mix a little of the hot mixture to the mayonnaise, and then add the mayonnaise to the pot together with the vinegar and lemon juice. Pour this sauce over the brisket and bake at 160°C for approximately ½ hour.

QUICK COTTAGE PIE

6 potatoes
500g mince meat
salt
pepper
1 egg
1 small tin tomato paste
1 onion

Cook potatoes until soft, and then mash them. Brown the onion in a little oil. Add the mince meat, salt, pepper and tomato paste. Add a little water. Cook for about 5 minutes. When the meat is cooked, put it in a pyrex dish. Place the mashed potatoes on top of the meat, and brush the top with beaten egg. Bake at 180°C until golden brown.

QUICK MONKEY GLAND STEAK

(Judy Levy)

3 Tablespoons tomato sauce
1½ Tablespoons Worcestershire sauce
1 Tablespoon lime juice
2 Tablespoons white wine

Boil all ingredients in a pan for a few minutes. Add very thin slices of steak (tenderised steak or minute steak). Cook for about 3 minutes and serve immediately.

RICH BROWN STEW

(Merle Rakusin)

½ Kg beef steak/goulash
25ml oil
700g stewing beef
25ml flour
1 onion, chopped
2 carrots, peeled and sliced
10ml Worcestershire sauce
2 bay leaves
5ml basil
250g frozen peas or beans (optional)
salt and pepper

Heat the oil and fry the onion. Remove onions and brown the meat. Add the flour and cook until browned. Replace the onions and add all other ingredients except for the peas or beans. Simmer for 1½ to 2 hours, or until well cooked. Add the peas or beans and cook for 20 minutes. Adjust the seasonings to taste.

ROAST BEEF IN VEGETABLE SAUCE

(Judy Levy)

1½ to 2kg roast (raisin rib, scotch fillet, bolo)
2 onions, chopped
2 carrots, chopped
2 cloves garlic, crushed
3 stalks celery, chopped
¼ cup oil
2 Tablespoons flour
1 Tablespoon ginger
1 teaspoon salt
½ teaspoon black pepper
2 crushed bay leaves
1 beef cube dissolved in 1 cup boiling water

Roast the beef very rare, and slice when cool. Cook vegetables on stove for 5 minutes. Blend with the rest of the ingredients in a blender. Pour over the sliced beef and cover. Leave in the oven until the sauce and the beef are nice and hot. Do not cook for too long, as the beef will become too well cooked. Decorate with parsley.

SHEPHERDS PIE

500g minced beef
2 onions, sliced
1 green pepper
1 Tablespoon flour
1 bay leaf
1 teaspoon Worcestershire sauce
6 carrots, thinly sliced
1 beef cube
250ml boiling water
1½ kg cooked potatoes, mashed

Fry mince in a little oil. Drain and remove to saucepan. Fry the onions and pepper and add to the meat. Mix flour with remaining fat in the pan, loosening the juices in the pan. Dissolve the stock cube in boiling water and add slowly to the flour mixture. Add bay leaf and Worcestershire sauce and boil for 2 minutes. Add sliced carrots to mince, then add the sauce (the flour and stock cube mixture) and cook for 15 minutes. Mash the potatoes. Place cooked mince into an oven proof casserole dish and smooth with a spoon. Spread the mashed potato on top of the mince. Bake for 15 minutes at 180°C until brown and crisp.

SHOULDER OF LAMB

(Adi Lew)

1 shoulder of lamb
1 cup (or more) fresh lemon juice
1 cup fresh origanum sprigs
1 chicken soup cube
1 cup water

Combine lemon juice and origanum sprigs. Pour over the shoulder of lamb and marinate for 24 hours or more. Roast covered at 140°C for 3 hours. Remove cover and roast on 180° for 1 hour with 1 cup water mixed with a chicken cube.

SWEET AND SOUR MEATBALLS

1 cup chutney
1 cup tomato sauce
1 cup apricot jam
¼ cup lemon juice
4 Tablespoons sugar
1kg minced meat
3 eggs
¼ cup tomato sauce
¼ cup matzo meal

Mix the meat, eggs, tomato sauce and matzo meal together. Roll the minced meat mixture into balls. Place the rest of the ingredients in a saucepan and bring to the boil. Add your meatballs and let simmer until the meat is cooked and sauce thickens.

TOMATO BREDIE

(Merle Rakusin)

½ kg stewing lamb
2 Tablespoons oil
1 tin tomato and onion mix
1 Tablespoon Worcestershire sauce
½ teaspoon salt, pepper to taste
½ teaspoon mixed herbs
1 cup water
2 Tablespoons flour

Cut meat into small pieces. Heat oil and lightly brown the meat. Add the tomato and onion mix, Worcestershire sauce, salt and pepper, mixed herbs and water. Bring to the boil. If necessary, thicken with the flour made into a paste with the cold water. Continue to cook over low heat for an hour, or place in a casserole dish and bake at 180°C for 1 hour.

STUFFED CROWN ROAST

(Tracy Terespolsky)

Crown roast of lamb
(order in advance from your butcher)
75g cardin or shmaltz

Stuffing:

1 small onion, finely chopped
1 Tablespoon parsley
approx. 2 Tablespoons cold water
8 to 9cm slice of bread
pinch mixed herbs
approx. 1 Tablespoon shmaltz

Make stuffing: Cut off bread crusts and crumble the bread. Add chopped parsley, chopped onion, herbs, salt, pepper, shmaltz and sufficient water to moisten the mixture, which should be fairly firm.

Prepare the meat: Place the margarine in small pieces in a roasting tin large enough to hold the roast and stand the crown upright in the tin. Spoon the stuffing mixture into the centre of the crown before roasting. Cover the tips of the ribs with foil to prevent burning. Place roast in 200°C oven for 15 minutes. Reduce the heat to 180°C and roast for another hour. While the crown is cooking, baste the top of the stuffing a couple of times with the fat from the pan.

Lift the cooked crown carefully onto a hot serving dish and surround with Tastic rice or baby vegetables. Remove the foil covers from the rib bones. Serve with mint sauce. For a dinner party, top each rib bone with a paper frill.

SWEET AND SOUR PICKLED BRISKET

(Robyn Flax)

1 fresh brisket
8 peppercorns
1 onion
1 bay leaf
4 carrots, peeled

Sauce:

290ml vinegar
375ml sugar
560ml water
60ml tomato sauce
50ml maizena
25ml oil

Wash the brisket. Place in pot with the peppercorns, onion, bay leaf and carrots. Cover with water. Boil until soft – 3 to 5 hours. Leave until cold. Slice and place in a casserole dish. Combine all sauce ingredients. Bring to boil and pour over the brisket. Reheat before serving.

SWEET AND SPICY LAMB

(Merle Rakusin)

1/3 cup flour
2 Tablespoons mild curry powder
1 teaspoon salt
½ teaspoon black pepper
1 Kg stewing lamb, cut into cubes
4 Tablespoons oil
1 onion, thinly sliced
1 garlic clove, crushed
1 cup beef stock
3 Tablespoons raisins or sultanas (optional)
2 Tablespoons chutney
1 Tablespoon lemon juice
1 cup uncooked Tastic rice

Mix the flour, curry powder, salt and pepper together. Roll the cubed meat into the seasoned flour. Heat the oil and fry the onion and garlic until soft, but not brown. Add the lamb and fry, stirring occasionally, until lightly browned. Pour in the stock. Add the raisins or sultanas (if using), chutney and lemon juice and bring to the boil. Reduce heat, cover and simmer for 1 to 1½ hours or until the meat is tender, adding more stock if necessary. While the lamb is cooking, prepare the Tastic rice according to directions on the packet. Serve the lamb accompanied with the hot cooked rice.

TANGY SPARE RIBS

(Judy Levy)

1½ kg spare ribs (lamb)
4 Tablespoons lemon juice
1 Tablespoon brown sugar
1 teaspoon salt
black pepper

Sauce:

4 Tablespoons tomato sauce
1 Tablespoon soya sauce
1 Tablespoon (peach) chutney
2 teaspoons mustard
1 teaspoon garlic

Remove excess fat and gristle from the spare ribs. Mix together the lemon juice, brown sugar, salt and pepper. Rub this over the meat. Blend together the tomato sauce, soya sauce, chutney, mustard and garlic. Place spare ribs on rack of grill-pan. Spread with sauce and cook, turning and basting until the meat is well cooked.

VEAL CASSEROLE

1kg veal steaks
500g brown mushrooms
3 green peppers
1 packet mushroom soup
1 packet tomato soup
3 Tablespoons chutney
1 Tablespoon brown vinegar
1½ teaspoons curry powder
1 Tablespoon sugar
¾ cup chopped parsley
1 onion
salt and pepper
2 cups water

Slice veal into strips. Dip in flour and fry until brown. Remove from pan and place in casserole dish. Cook sliced onion, mushrooms and green peppers in a little water until soft. Add all other ingredients and cook well. Then pour mixture over the veal and bake at 180° for about ½ hour. Serve with rice.

HONEY GLAZED RIB SAUCE

(Leigh Goldin)

1/3 cup tomato sauce
1/3 cup honey
1 Tablespoon Worcestershire sauce
2 teaspoons soya sauce
1 Tablespoon white vinegar

Combine all ingredients, and mix well. Pour over raw ribs, and marinate overnight. Can be used on a braai.

MARINADE FOR CHOPS OR RIBS

(Anita Kowalski)

1 cup tomato sauce
½ cup water
½ cup white vinegar
1 cup strong chutney
3 Tablespoons brown sugar
dash Worcestershire sauce
dash Tabasco

Mix well. First grill the chops or ribs for a while. Then add the sauce and bake in the oven.

MUSTARD SAUCE FOR MEAT

(Judy Levy)

3 teaspoons dry mustard
3 eggs
½ cup brown vinegar
4 teaspoons sugar
pinch salt

Beat mustard, sugar, eggs and salt until creamy. Stir in the vinegar. Place in a double boiler and cook until thick.

SAUCE FOR TONGUE

(Judy Levy)

2 cups water
6 to 8 parev ginger biscuits
½ cup vinegar
2 Tablespoons syrup
1 cup raisins (optional)
4 Tablespoons tomato sauce
1 apple, peeled and diced
1 teaspoon Worcestershire sauce
1 onion, diced
½ teaspoon Tobasco
bay leaves, peppercorns, salt, pepper

Put all ingredients into a pot and simmer for 20 to 30 minutes. Pour over cooked, sliced tongue and heat through.

SOSATIE MARINADE

(Judy Levy)

2 onions
1 Tablespoon curry powder
1 cup brown vinegar
½ cup sugar
salt
2 Tablespoons chutney
2 Tablespoons Worcestershire sauce
2 Tablespoons apricot jam

Fry the chopped onions. Add the curry powder and cook a little. Add the vinegar, sugar, salt, chutney, Worcestershire sauce and apricot jam. While the sauce is still hot, pour over chops or chicken portions or sosaties and marinate for about 2 to 3 hours. Then braai or grill the meat.

SATAY SAUCE

(Susan Terespolsky)

Accompaniment for chicken/meat kebabs

3 Tablespoons corn oil
1 small onion finely chopped
1 clove garlic, crushed
185g crunchy peanut butter
1 teaspoon soft brown sugar
2 teaspoon soy sauce
1 teaspoon lemon juice
¼ teaspoon cayenne pepper
½ teaspoon curry powder

Heat oil. Add onion and garlic and fry until golden. Add cayenne pepper, curry, 1 ¼ cups water, peanut butter and sugar and bring to boil. Simmer until thickened. Stir in soy sauce, lemon juice and season with salt and pepper

Don't avoid risk, manage it.



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BABY VEGETABLE BAKE

(Judy Levy)

baby onions
baby potatoes
green pepper
red pepper
baby marrows
patty pans
baby carrots
baby squash/butternut
mushrooms
oil (optional: mixture of olive oil and
sunflower oil)
garlic
tin of tomato and onion mix (or Mexican
mix)
fresh fennel or dill (optional)
dried parsley and origanum
mixed herbs
salt and pepper

Cut up vegetables in half. (Any other baby vegetables may be used). Pour rest of ingredients over and mix well. Bake at 180°C for 1 hour covered. (Can be made in advance to this point). Cook uncovered for about half an hour.

BAKED BUTTERNUT/PUMPKIN

Vee Michalow

500g pumpkin/butternut
2 Tablespoons butter
salt and pepper
1 teaspoon sugar
1 stick cinnamon

Cut pumpkin into large pieces. Place in a buttered ovenproof dish. Add the rest of the ingredients and bake in a medium oven, basting from time to time.

BRINJALS WITH TOMATOES

2 large brinjals
½ cup of flour
2 eggs
6 large tomatoes
salt and pepper
2 large brinjals
½ cup of flour
2 eggs
6 large tomatoes
salt and pepper

Peel and slice the brinjals. Dip slices first into flour and then into beaten eggs. Fry until brown. Remove the skin of the tomatoes and cut into small pieces. Add spices and brinjals into the tomato mixture and cook for about 5 minutes. Remove from the pan and place in a dish. Serve when it is cool.

BROCCOLI KUGEL

500g broccoli
Cornflakes
White sauce:
¼ cup coffee creamer
1½ Tablespoons flour
1½ Tablespoons parev margarine

Sauce:
2 Tablespoons mayonnaise
2 Tablespoons onion soup mix
2 - 3 eggs

Cook broccoli and cut into small pieces. In a separate pot, make a white sauce and cook till thick. Combine the rest of the ingredients in a bowl. Mix white sauce and mayonnaise sauce together. Add broccoli and combine. In a greased dish, sprinkle cornflakes and add broccoli mixture. Sprinkle cornflakes on top and bake at 175°C for 45 minutes - 1 hour till cooked.

BUTTERNUT KUGEL

500g frozen butternut cubes
1 cup flour
¾ cup sugar
½ cup Coffee Rich or parev milk
3 eggs
125g margarine
cinnamon

Cook squash in a pot till soft (when water boils test with a fork against the side of the pot). Drain squash. Mash in the margarine. Mix other ingredients together in a mixing bowl. Add squash to mixture. Mix together and place in a tin. Sprinkle with cinnamon. Bake at 180°C for about 1 hour or until top turns slightly brown. Serve either hot or cold.

BUTTERNUT SQUASH AND ONIONS

1 butternut squash (about 1kg)
4 Tablespoons sunflower oil
3 medium sized onions
2ml organum
½ cup vegetable broth
½ teaspoon salt

Scrub squash and cut into 5cm pieces. Heat oil in a 2 litre saucepan. Add onions and sauté. Add squash and organum and sauté for another 2 - 3 minutes. Add broth and cook for 25 minutes.

CARROT KUGEL

1½ cups grated carrots
1¼ cups flour
1 teaspoon bicarbonate of soda
1 teaspoon baking powder
½ teaspoon salt
2/3 Tablespoon oil
½ cup brown sugar
1 egg
1 Tablespoon orange juice
1 teaspoon lemon juice
¼ teaspoon cinnamon

Mix all ingredients together until well blended. Bake in a well greased pan at 180°C for approximately 45 minutes.

CARROT/PUMPKIN PUDDING

250g margarine
1 cup brown sugar
4 eggs
1½ cups flour
2 teaspoons baking powder
12 soft cooked mashed carrots/pumpkin

Cream margarine and sugar. Add rest of ingredients. Beat well. Spoon into dish. Bake for 1 hour at 180°C.

CAULIFLOWER IN BLUE CHEESE SAUCE

1 cauliflower broken into florets
½ punnet mushrooms - sliced
1 teaspoon dried origanum
1 Tablespoon Blue Cheese
½ teaspoon vegetable or herbal salt
pinch of nutmeg
½ - 1 cup fresh cream/soya milk

Place the cauliflower florets and the mushrooms in an ovenproof dish. Crumble the cheese over and sprinkle with herbs and salt. Pour the cream/soya milk over the top and bake at 180°C for 25 minutes.

CORN BAKE

2 tins corn kernels, drained
1 tin creamed corn
2 eggs, beaten
3 Tablespoons sugar
½ teaspoon salt and pepper
60g melted margarine
¼ cup self-raising flour

Combine the corn kernels, corn, eggs, sugar, salt and pepper, margarine and flour. Pour into a greased oven-proof dish and bake at 180°C for 45 to 60 minutes.

DUMPLINGS FOR STEW

(Merle Rakusin)

1 cup cake flour
2ml salt
40ml margarine
5ml mixed herbs (optional)
2ml mustard powder
7ml baking powder
1 egg, beaten and made up to 100ml with water

Rub the margarine into the flour. Add remaining dry ingredients. Cut in the liquid with a knife. Drop spoonfuls into the stew and simmer for 20 to 25 minutes until well puffed up.

EGG PLANT AND POTATOES

(Marietta)

1 kg potatoes parboiled and peeled
2 onions sliced
1 Tablespoon olive oil
250g cheddar cheese grated
2 large egg plants
salt and pepper

Slice the egg plant. Fry the onions. Layer the vegetables in a greased ovenproof dish. Sprinkle each layer with cheese and salt and pepper. Top with cheese. Bake at 180°C for about 1½ hours.

HERB RICE

(Mariatta)

1 cup brown rice
2 cups water
½ cube beef stock
¼ teaspoon mixed herbs
¼ teaspoon salt
¼ teaspoon sugar

Cook rice with all ingredients. When fluffy, add ½ teaspoon butter/margarine. Toss the rice and serve hot.

HOLIDAY SWEET POTATO KUGEL

Baked sweet potato:

¼ cup extra-virgin olive oil
500g large sweet potatoes
sugar to taste
salt and freshly ground black pepper to taste

Kugel:

370 g flat, wide egg noodles
8 cups lightly salted boiling water
½ cup margarine or vegetable oil
½ cup raisins plumped in sweet wine or apple juice for at least 1 hour
4 eggs
salt and freshly ground black pepper to taste

Baked sweet potato:

Peel sweet potato and cut into 1cm dice. (Should equal about 3½ cups). Preheat oven to 200°C. Toss the diced sweet potatoes with olive oil and arrange on lightly olive oil greased baking pan in a single layer. Sprinkle with sugar, salt and pepper. Bake for 15 minutes or until tender. Set aside.

Kugel:

Preheat oven to 190°C. Cook noodles in lightly salted water until tender [about 5 - 10 minutes]. Place noodles, margarine, baked sweet potatoes and the drained and dried raisins in a large bowl. Add eggs and season with salt and pepper. Mix well. Spoon the mixture into a well greased baking dish. Bake for 35 -45 minutes until the top is brown and crisp. Serve hot or cold.

HOT SPICED POTATOES

4 - 6 medium potatoes
cold pressed olive oil
1 - 2 teaspoons mustard seed
1 - 2 teaspoons ground cumin
2 teaspoons paprika

Pre-bake or steam the potatoes leaving the skin intact. Cut into chip-sized chunks. Place in an ovenproof dish and drizzle with some olive oil. Sprinkle with the seasoning. Grill in the oven until golden brown. Serve with steamed vegetables and a fresh salad.

LOKSHEN KUGEL

(Stella Mozessohn)

250 grams lokshen (pre-cooked)
4 eggs
4 punnets American cottage cheese
½ cup sugar
5 ml cinnamon
125ml cream
125ml milk (full cream)

Beat eggs, milk, sugar, cream and cinnamon together. Fold in cheese and lokshen. Bake in deep Pyrex dish in a moderate oven for 40 minutes.

MARC CHAGALL'S POTATO LATKES

(Marc Chagall's Restaurant – Balfour Park Shopping Centre)

3 medium sized potatoes
1 small grated onion
1 teaspoon salt
dash of pepper
½ teaspoon sugar
2 eggs
flour as required
1 teaspoon baking powder
oil for frying

Grate the potatoes and onion on the fine side of the grater and drain off liquid. Add salt, pepper and sugar. Add beaten eggs. Add flour and baking powder. Drop by tablespoon into deep hot oil to which a small piece of onion has been added. Fry till golden brown on each side. Serve immediately.

Serve cold apple sauce with hot latkes, or sprinkle with cinnamon and sugar, or serve with tartar sauce.

MEDITERRANEAN RICE

(Jilly Suttner)

1 cup rice
1 packet spinach
1 tin Italian tomatoes
1 onion
¼ - ½ teaspoon salt
dash of dill tips (optional)
oil
¼ - ½ cup water

Chop onion and fry in oil. Add raw rice to onions and dill. Open tin of tomatoes and chop. Add to onions and rice. Wash and check spinach. Slice and add to onions/rice/tomatoes. Add water. Place in a casserole dish and bake in oven at 180°C for 30 minutes.

OVEN ROASTED GARLIC POTATOES

about 10 regular or red potatoes
scrubbed and peeled
(red ones – do not peel)
4 cloves garlic peeled and mashed
1 teaspoon granulated / powdered garlic
2 teaspoons paprika
2 Tablespoons olive oil

Pre-heat oven to 200°C. Cut potatoes into quarters and place in a large pan. Sprinkle garlic over the potato pieces. Shake paprika on top of the garlicky potatoes. Spoon oil all around the top of the potatoes, coating well. Cover pan with tinfoil, and place in oven for about 1 hour - checking about every 20 minutes to stir. Keep checking so as not to burn.

PAPRIKA POTATO WEDGES

(Karin Chernick)

4 medium baking potatoes cut into wedges
olive or Canola oil
2 rosemary sprigs, leaves removed and chopped
1 teaspoon paprika
salt and pepper

Place wedges in a roasting pan. Drizzle with oil and add remaining ingredients. Toss to coat well. Place in an oven pre-heated to 190°C. Bake until crisp and golden (about 30 - 40 minutes).

PAN ROASTED VEGETABLES

(Glynis Sifris)

2 large potatoes cut into wedges
1 large onion cut into wedges
500g butternut peeled and cut into chunks
500g carrots peeled and cut into chunks
1 packet baby marrows cut into chunks
½ cup vegetable stock
mushrooms
sweet potatoes
4 Tablespoons olive oil
2 teaspoons minced garlic
1 teaspoon mixed herbs
2 bay leaves
salt and pepper to taste

Arrange the vegetables in a roasting pan. Pour over the stock, oil, garlic, herbs and bay leaves. Bake at 220°C for at least 1 hour until just tender while turning vegetables.

PEARL'S BROCCOLI KUGEL

(Shelley Tobias)

2 large onions
1kg chopped (thawed) broccoli
4 eggs
6 Tablespoons mayonnaise
1 cup flour
2 teaspoons salt

Sauté onions in a little margarine. Mix all other ingredients well. Add onions to mixture and combine well. Place in a greased ovenproof dish. Bake at 180°C for ½ to ¾ hour or until golden brown.

POTATO CREAM BAKE

(Shelley Tobias)

5 potatoes - sliced thinly
2 large onions - sliced thinly
2 Tablespoons margarine
1 cup Orley Whip
2 Tablespoons matzo meal
salt and pepper

In a greased ovenproof dish. Arrange half the potato slices, season and sprinkle with matzo meal. Place onions on top and the remainder of the potatoes. Pour over Orley Whip. Dot with margarine. Bake at 180°C for 40 minutes or more if you want it very crispy. If the potatoes are browning too quickly, cover with foil. Serve hot.

(Can be made on Passover, too)

POTATO DISH – AMERICAN STYLE

(Tobi Grossberg)

Potatoes
garlic - crushed
paprika
oil

Cut potatoes into cubes and rub with paprika. Sprinkle with garlic. Drizzle with oil and toss well. Bake at 175°C till done.

POTATO LATKES

(Vee Michalow)

6 potatoes - grated
1 onion grated
2 egg whites
1 teaspoon baking powder
2 Tablespoons flour
salt and pepper

Mix all the above together. Fry spoonfuls in hot oil till brown and crisp.

POTATO KUGEL

(Jilly Suttner)

4-6 medium potatoes
1 small onion
2 Tablespoons butter/margarine
2 eggs - beaten
2 Tablespoons wholemeal/wholewheat flour
1 teaspoon salt
1 teaspoon baking powder

Preheat oven to 180°C. Grate potatoes and onions finely. Melt butter in an ovenproof casserole dish. Mix in the potatoes and onion, coating well. Add remaining ingredients and mix together well. Bake in preheated oven until kugel is golden brown and firm (1 - 1½ hours).

POTATO PUDDING

6 large potatoes grated
1 onion grated
3 eggs
3 Tablespoons parev margarine
¾ cup matzo meal
1 teaspoon salt
pepper to taste

Mix all ingredients together. Grease a large ovenproof dish. Bake at 160°C for 1½ hours or until crisp and brown.

PUMPKIN PIE

2 large pumpkins - cooked, mashed and drained well
6 eggs
¾ cup sugar
1 cup flour
1 packet Orley Whip (125ml)
1 cup water
1 Tablespoon margarine
1 teaspoon vanilla
1 teaspoon baking powder

Mix all ingredients together. Bake at 180°C for 1 hour.

RICE

Onions
Rice - boiled

Glaze onions in oil. Mix with boiled rice.

RICE IN OVEN

2 cups rice
1 beef cube - sprinkled
4 Tablespoons Soya sauce
1 tin mushrooms stemmed and cut
¼ cup oil
4 cups water

Combine ingredients in a casserole dish. Bake for 1 hour at 180°C.

RICE WITH VEGETABLES

1 cup rice
1 cup frozen peas
1 cup frozen corn
3 to 4 carrots, peeled and diced
2 onions, chopped

Chop the onions. Fry in a little oil. When the onions are golden brown, add the chopped carrots. Continue frying adding the corn and peas and lastly the washed rice. Add water to cover the rice. Add a little salt. When the water is boiling, turn the heat down and cook until the rice is cooked and the water has been absorbed.

SPECIAL GREEN BEANS

500g beans
2 Tablespoons butter
¼ cup chopped celery
½ cup chopped onion
½ teaspoon basil
½ teaspoon rosemary
1 clove garlic

Cook beans in a small amount of water for about 5 minutes. Drain. Stir in rest of ingredients. Cover and cook for 10 minutes or till beans are soft.

STEAMED SPINACH

450g spinach – washed and stalks removed
1 small onion – chopped finely
nutmeg
margarine

Roughly cut spinach. Add onions and mix. Cook on high for 5 - 8 minutes in a covered microwave proof dish. Cook till desired texture. Mix again and serve.

STUFFED BABY MARROWS

(Debbie Lubinsky)

1 packet baby marrows
1 onion – chopped
½ cup chopped almonds
1 punnet mushrooms
2 Tablespoons oil
1 Tablespoon parsley
1 egg
Kellogg's Crumbs - seasoned
1 cup stock
Salt and pepper

Steam baby marrows and slice lengthwise. Place in a baking dish and cover with the following: Sauté onion till soft. Add mushrooms, nuts, parsley and seasoning. When cooked, add egg, crumbs and stock. The mixture should have a soft consistency. Cover the cooked marrows with the topping and bake at 180°C till brown.

STUFFED BUTTERNUT (DAIRY)

(Nicky Cohen)

2 butternuts
½ cup chopped onion
1 large clove garlic crushed
½ teaspoon rubbed sage
½ teaspoon thyme
3 - 4 Tablespoons butter
1 cup coarsely crumbled wholewheat bread
¼ cup chopped walnuts
¼ cup sunflower seeds
1 stalk chopped celery
juice of half a lemon
¼ cup raisins (optional)
½ cup grated cheddar cheese
salt and pepper to taste

For 4 servings of stuffed butternut, split 2 medium-sized butternuts length-wise down the middle. Remove the seeds and bake face down on an oiled tray for 30 minutes at 180°C or until tender enough to eat. Make your choice of fillings while the squash is baking. Sauté the onion, celery, garlic, nuts and seeds (lightly salted) in butter. Cook over a low heat until onions are clear, nuts are browned, celery is tender (in other words cook until everything is perfect). Add remaining ingredients, except cheese. Cook, stirring over a low heat 5 - 8 minutes - until everything is well mixed together. Remove from heat and mix in cheese. Pack stuffing into butternut squash cavities. Bake covered at 180°C for 25 minutes.

STUFFED MUSHROOMS

8 large fresh mushrooms
oil
2 Tablespoons finely chopped green pepper
2 Tablespoons finely chopped onion
¼ cup breadcrumbs
salt and pepper
paprika

Cut stems from mushrooms and chop them finely. Place mushroom caps, round side down, in hot oil and fry for about 2 minutes. Remove and set aside. Fry green pepper, onions and mushroom stems in some fresh oil for about 5 minutes. Remove from pan and fill mushrooms. Sprinkle with crumbs and seasonings and bake for 15 minutes at 180°C.

SWEET DUMPLINGS IN SAUCE

(Accompaniment to roasts and stews)

Dumplings:

125g parev margarine
50ml apricot jam
1 Tablespoon bicarbonate of soda
2 cups flour
½ teaspoon salt
1 large egg, beaten
1/3 cup soya milk (Nutrilev)

Sauce:

3 cups soya milk (Nutrilev)
1 cup sugar
1 teaspoon almond essence
2 Tablespoons (30g) parev margarine

Make the dumplings by melting the margarine and stirring in the jam and bicarbonate of soda. Fold in the dry ingredients alternately with the egg and enough soya milk to form a stiffish dough. Mix the sauce ingredients and bring to the boil. Pour the sauce ingredients into a large ovenproof dish. Spoon spoonfuls of the dough into the milk mixture. The dumplings should be in a single layer. Cover the dish with a lid or foil. Bake at 190°C for about 30 minutes.



TASMATI AROMATIC BASMATI RICE SWEET SAFFRON RICE

A soft fragrant rice that will complement any curry or spicy dish. Tasmati Aromatic Basmati Rice is the perfect rice to use as it has a soft and delicate texture.

2 cups Tasmati Aromatic Basmati Rice
6 cups water
salt to taste
2 sticks cinnamon
4 cardamom pods
 $\frac{1}{4}$ teaspoon saffron
 $\frac{1}{4}$ cup sugar
100g butter or margarine

Soak the Tasmati Aromatic Basmati Rice in cold water for 30 minutes then rinse well under cold running water. Bring the water, salt, cinnamon and cardamom pods to the boil. Add the rice and bring to the boil. Turn down the heat and simmer for 10 to 12 minutes or until the rice is still firm in the middle of the grain. Remove from the pan and rinse well under cold water. Return to the saucepan and add the saffron, sugar and butter or margarine. Stir together gently. Cover with a tightly-fitting lid and steam gently for 10 minutes. This quantity will serve 6.

Variation: Replace saffron with $\frac{1}{4}$ teaspoon turmeric and add turmeric to the water before boiling the rice.



SWEETCORN MUFFINS

2 cups flour
½ teaspoon salt
2 extra large eggs and milk to make up
250ml
60ml oil
1 tin sweetcorn

Sift dry ingredients together. Mix in sweetcorn and liquids. Mix well. Bake in greased muffin pans at 180°C for 15 minutes.

SWEETCORN TART (DAIRY)

1 tin creamed sweetcorn
1 tin corn kernels
¾ cup grated cheese
1 cup cream
3 Tablespoons flour
2 eggs
mustard powder to taste
salt and pepper

Combine all ingredients. Place in a greased dish. Bake at 180°C for 30 minutes.

SWEETCORN TART (PAREV)

100ml cake flour
15ml baking powder
50ml sugar
4 eggs – whisked
2 cans (410g each) cream style
sweetcorn
60ml margarine – melted

Preheat oven to 180°C. Grease dish. Mix all ingredients together. Bake till done.

UPSIDE DOWN NOODLE KUGEL (Robyn Flax)

60g margarine
½ cup brown sugar
8 slices canned pineapple, drained
8 glace cherries
500g broad flat noodles
5 eggs, beaten lightly
¼ cup white sugar
250g margarine, melted
½ teaspoon salt
½ cup apricot jam

Melt 60g margarine in a 23cm square or round ovenware dish or pan. Sprinkle with brown sugar. Arrange pineapple rings on top of sugar mixture and place a cherry in each centre. Cook noodles in salted water until tender. Drain well and mix with other ingredients. Spoon over the pineapple rings. Bake in 180°C oven for 40 to 45 minutes. Allow to cool and invert onto a serving platter.

VEGETABLE POTATO BAKE

(Heidi Herman)

3 - 4 leeks - sliced
8 carrots - sliced
8 potatoes - sliced
salt and pepper
375ml (1½ cups) chicken stock

Grease a soufflé dish. Season and layer the vegetables in the dish, ending with a layer of potatoes on top. Pour over the chicken stock. Bake uncovered at 180°C for 1 hour. If the potatoes are browning too quickly, cover with foil towards the end of the cooking.

VEGETABLE BAKE

butternut - medium chunks
sweet potato
baby marrow
carrots
green pepper - sliced
red pepper - sliced
flat peas - whole
baby corn - whole
mushrooms - whole
garlic - chopped fine
olive oil
mixed herbs

Place all vegetables in an ovenproof dish. Add garlic and sprinkle with oil and herbs. Bake for 45 - 60 minutes at 180°C.

VEGETABLE KUGEL

4 carrots
1 sweet potato
1 butternut
1 onion
3 eggs
1 Tablespoon sugar
½ cup oil
Salt and pepper to taste

Grate vegetables in a food processor. Add rest of ingredients and mix well together. Bake in an ovenproof dish at 180°C for 1 hour. Freezes well.

WINTER VEGETABLE CASSEROLE

(Mignon Milwid)

3 Tablespoons oil
½ packet baby leeks - sliced
1 cup parsnips - sliced
1 cup brussel sprouts - sliced
1 cup carrot slices
3 teaspoons/1 Tablespoon vegetable stock powder
1½ cups boiling water

Brown leeks in oil. Add all other vegetables, stock powder and water. Bake in covered casserole dish for 1 hour until tender.



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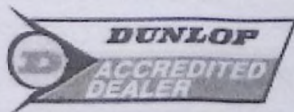
ISRAEL BENDER
FINANCIAL DIRECTOR

28 Louis Friedman Street, Factoria, Krugersdorp
P.O. Box 3003, Kenmare 1745
Republic of South Africa / Republiek van Suid-Afrika
Tel: (011) 955-4480/7 (W)
(011) 640-6759 (H)
Fax: (011) 664-6840

EXEC-Q-TYRE

Ronnie Suttner
Member

313 Commissioner Street, Boksburg 1461
PO Box 177, Boksburg 1460
Tel: (011) 917-1620
Fax: (011) 917-6975
E-mail: execqtyr@global.co.za



Quality fitment is our commitment

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AVOCADO SALAD

4 avocados, sliced or diced
200g to 400g (½ to 1 tin) asparagus,
drained OR
1 punnet fresh asparagus, steamed and
sliced
3 red peppers, diced
4 tomatoes, chopped
¼ head raw cabbage, shredded
4 artichokes, sliced
juice of ½ lemon
salt to taste

Mix all ingredients together in a bowl, and
serve.

AVOCADO VINAIGRETTE

4 Tablespoons wine or cider vinegar
2 Tablespoons lemon juice
125ml mild olive or salad oil
1 clove garlic – crushed
2 teaspoons castor sugar
1 teaspoon mustard powder
1 teaspoon salt
black pepper
2 teaspoons chopped mixed herbs
1 Tablespoon finely chopped onion.

Blend all ingredients until thickened. Slice 3 or
4 avocados and pour over dressing.

ARTICHOKE SALAD

(Vee Michalow)

1 tin artichokes
1 tin mushrooms
1 tin asparagus

Dressing:

1¼ cups oil
½ cup vinegar
3 teaspoons sugar
1 ½ teaspoons salt

Drain tins and combine vegetables in a bowl.
Combine the dressing ingredients and pour
over the bowl of vegetables. Allow to stand for
1 hour before serving.

ASPARAGUS SALAD

(Marietta)

1 tin asparagus cuts
1 pineapple, cubed
4 hard boiled eggs, chopped
2 Tablespoons mayonnaise
salt and pepper to taste

Combine all ingredients together. Serve at
room temperature or chilled.

AVOCADO AND CHICKPEA SALAD

400g (1 tin) chickpeas, drained
125g (1/2 punnet) baby marrow
2 red peppers, sliced
2 sticks celery
2 avocados, diced
½ cup pitted green olives

Dressing:

juice of 1 lemon
dash of soya sauce
pinch of origanum
pinch of garlic salt

Mix all the ingredients together in a bowl. Combine the dressing ingredients and pour over the vegetables in the bowl. Serve.

BABY CABBAGE SALAD

6 baby cabbages
½ cup sunflower seeds
½ cup slivered almonds
1 cup angel hair noodles
2 Tablespoons oil
2 spring onions, chopped

Dressing:

½ cup white vinegar
1 cup oil
½ cup sugar
2 Tablespoons soya sauce
salt and pepper

Cut the cabbages finely. Place in a dish. Add the spring onions. Fry the sunflower seeds, almonds and noodles in the oil. Drain. Sprinkle nut, seed and noodle mixture on top of cabbage. Mix dressing ingredients together. Pour over cabbage when ready to serve. Toss well.

BABY CABBAGE SALAD WITH PINEAPPLE

(Judy Levy)

baby cabbages (½ white, ½ purple)
baby gherkins, sliced
pineapple (fresh or tinned)

Dressing:

¼ cup soya sauce
¼ cup vinegar
¼ cup honey
¼ cup oil
pinch each salt, pepper, mustard powder

Shred the baby cabbages. Add the sliced gherkins and the diced pineapple. Mix the dressing ingredients and pour over just before serving. Place honey mustard pretzels over just before serving.

BAKED CAMEMBERT & FISH SALAD

(Tracy Terespolsky)

1 x Camembert or Cambrieni cheese
1 packet baby corn
1 packet sugar snap peas
1 packet baby marrows, julienned
4 carrots, julienned
1 packet black olives
1 red, 1 green and 1 yellow pepper
1 packet cocktail tomatoes, halved
1 packet smoked salmon/mackerel
1 tin asparagus cuts/spears (optional)

Dressing:

¾ cup olive/sunflower oil
2 Tablespoons lemon juice
¼ cup balsamic or ordinary vinegar
2 cloves crushed garlic
1 teaspoon salt

Place cut up corn, halved sugar snap peas, baby marrows and halved peppers onto a baking tray. Drizzle with oil. Sprinkle with salt, pepper, paprika and origanum and bake uncovered at 200°C for 7 minutes. Shake or stir the vegetables and cook for a further 5 minutes. Remove the vegetables from the oven. The peppers should be slightly charred. If necessary replace the peppers in the oven until the skin blisters. When the peppers are ready, place them in a sealed plastic bag for a few minutes. Then peel and slice the peppers. Place the Camembert onto an oven-proof dish and bake at 190°C for 30 to 40 minutes, until the outside of the cheese is quite firm. Remove from the oven, place in the centre of a serving platter and place the cooled roasted vegetables all around it. Top with the tomatoes and cut up black olives and asparagus. Place the salmon or mackerel around the edge of the dish. Top with the dressing and serve with toasted pita wedges, melba toast or Provita.

BAKED CHICKEN SALAD

(Merryl Nathan)

2 cups boiled chicken, cut into strips
1 pineapple, cut into pieces
½ cup celery, chopped
½ cup green pepper, chopped
1 small onion, grated
½ to 1 packet sliced mushrooms
1 packet cashew nuts

Sauce:

½ cup mayonnaise
½ teaspoon salt
1 teaspoon Worcestershire sauce

Combine the chicken, pineapple, celery, green pepper, onion and mushrooms and place on a serving dish or in a bowl. Mix the sauce ingredients together. Place cashew nuts over the chicken. Pour over the sauce, and combine well. Serve

Heated variation: Place the chicken and other ingredients into an ovenproof casserole dish. Top with the cashew nuts. Pour over the sauce and combine. Crush some crisps on top and bake at 200°C for approximately 15 minutes.

BABY MARROW SALAD

(Ruth Kinkel)

1 packet baby marrows
1 tin mushrooms
1 green pepper
1 red pepper
1 onion
½ cup sugar
½ cup vinegar

Peel and slice the baby marrows. Drain the mushrooms and slice thinly. Dice green pepper, red pepper and onion. Mix sugar and vinegar to make a dressing. Mix salad ingredients and pour dressing over.

BAKED DRESSED SWEET POTATO

- 1Kg sweet potatoes, peeled
- 2 Tablespoons olive oil
- 1 large onion, sliced
- 2 cloves garlic, crushed
- 1 Tablespoon chopped fresh thyme
- 2 spring onions, sliced
- 2 Tablespoons sesame seeds, toasted

Dressing:

- 3 teaspoons oil
- 2 teaspoons soya sauce
- 2 Tablespoons lemon juice
- 1 clove garlic, crushed

BANANA SALAD

(Cheryl Sulski)

- 6 bananas, sliced
- 1 teaspoon curry powder
- 1 Tablespoon apricot jam or mild chutney
- 1 cup mayonnaise
- flaked almonds

Place bananas in dish. Cover with flaked almonds. Combine other ingredients and pour over the bananas and almonds.

BEAN SALAD

- 1 tin baked beans, drained
- 1 tin butter beans, drained
- 1 tin green beans, drained
- 1 onion, chopped
- 1 green pepper, chopped

Dressing:

- ½ cup sugar
- ½ cup oil
- ½ cup vinegar
- 1 teaspoon mustard powder
- 1 teaspoon sweet basil

Drain the tinned beans, and mix together. Add the onion and green pepper. Combine the dressing ingredients and pour over the beans. Leave to stand 24 hours before using, preferably.

BEETROOT AND SWEET MEALIE SALAD

equal quantities raw beetroot and carrots
raw mielies – as many as desired

Dressing:

- 1 tomato
- 1 to 2 teaspoons honey
- 2 Tablespoons olive oil
- 1 teaspoon soya sauce

Grate the beetroot and carrot and place in salad bowl. Cut the corn off the cob and add to the salad. Blend dressing ingredients together in a food processor and pour over the salad.

BOILED DRESSING CABBAGE SALAD

(Jessie Unterslak)

1 cabbage
6 grated carrots
4 onions, cut into rings
1 stalk celery
1 green pepper
1 red pepper

Dressing:

1 1/3 cups oil
3/4 cup sugar
2 cups vinegar
1 1/2 Tablespoons salt

Shred cabbage finely. Put it into a bowl with carrots, onions, celery and diced red and green peppers. Prepare the dressing by boiling all the dressing ingredients together. Pour over the cabbage while hot. When cold, stir the salad and put into the fridge. This salad keeps very well in the fridge.

CABBAGE SALAD WITH SUNFLOWER SEEDS

(Debbie Lubinsky)

1 cabbage, shredded
1/2 cup sunflower seeds
1/2 cup toasted flaked almonds (optional)
6 spring onions, chopped

Dressing:

3/4 cup oil
1/2 cup sugar
1/4 cup vinegar
4 Tablespoons soya sauce

Mix the cabbage, sunflower seeds, almonds and spring onions. Mix dressing ingredients together and pour over salad just before serving.

CABBAGE SALAD

(Ruth Kinkel)

Medium cabbage, shredded
1 packet spring onion
1 green pepper

Dressing:

1/2 cup sugar
1/2 cup oil
1/2 cup vinegar

Shred cabbage finely. Dice spring onion and green pepper and add to the cabbage. Mix sugar, oil and vinegar. Add to the salad. Allow time for the dressing to seep into the salad before serving.

CABBAGE AND BEETROOT SALAD

1 large bottle spiced shredded beetroot
1 cabbage, shredded
1 bottle horseradish
1/2 cup brown sugar
(vinegar to cover, if dry)

Mix all ingredients together very well. Keeps well in fridge.

CABBAGE AND CELERY SALAD

- 1 medium cabbage, shredded
- 1 bunch soup celery, coarsely chopped

Dressing:

- ½ cup sugar
- ½ cup oil
- ½ cup white vinegar
- 1 to 2 teaspoons minced garlic

Shred the cabbage. Add the chopped celery. Beat up the dressing ingredients. Pour the dressing over the cabbage mixture, cover and let stand overnight.

CHICKEN, AVOCADO AND PAWPAW SALAD WITH YELLOW PEPPER SAUCE

- 2 large avocado pears, thinly sliced
- 1 small pawpaw or papino, thinly sliced
- 400g chicken breasts, cooked and thinly sliced
- assorted salad leaves (lettuce, spinach, red cabbage)
- 1 English cucumber, cut into sticks

Dressing:

- 1 large yellow pepper, halved and seeded
- 4 Tablespoons vinegar
- salt and pepper to taste
- 2 Tablespoons olive oil
- 10ml warm water

Pile salad leaves onto platter together with sliced chicken, avocado, pawpaw and cucumber. Place all dressing ingredients in a blender and blend well. Pour the dressing over the salad and refrigerate for at least 30 minutes for the flavours to blend.

CHINESE CABBAGE SALAD WITH PINE NUTS

- 1 cabbage, chopped
- 5-6 spring onions, chopped
- ½ to ¾ cups pine nuts
- ½ cup sesame seeds
- ½ cup finely cut noodles (can use 1" fine spaghetti)

Dressing:

- ¼ cup sugar
- ½ cup vinegar
- ¼ cup oil
- 8 Tablespoons soya sauce

Finely shred cabbage. Add the spring onions. Fry separately: all pine nuts, noodles and sesame seeds in a lightly oiled pan. Mix with the cabbage, leaving some to sprinkle on top. Other nuts can be used for variety. Mix dressing ingredients well. Pour over salad just before serving. Mix through.

CREAMY POTATO SALAD

(Robyn Seid)

- 1 medium bag baby potatoes
- 250ml cream
- 250ml mayonnaise
- 2 to 3 cloves garlic
- 1 Tablespoon fresh or ½ teaspoon dried basil
- salt and pepper

Boil baby potatoes with skins on and leave to cool. In a bowl, combine cream, mayonnaise, crushed garlic, chopped basil, salt and pepper. Drizzle over potatoes. Garnish with basil leaves or mint. [For parev alternative, substitute non-dairy cream for the cream]

CHINESE CRISPY CHICKEN SALAD

(Jilly Suttner)

2 roasted chickens, cut into pieces
1 large English cucumber, sliced
20 snow peas, washed, stalks removed
3 Tablespoons sesame seeds
1 small tin mandarins
1 butter lettuce
1 packet flaked almonds, roasted if possible

Dressing:

6 Tablespoons soya sauce
5 Tablespoons oil
6 Tablespoons brown sugar
4 Tablespoons white vinegar
3 Tablespoons peanut butter
1 Tablespoon red wine vinegar/balsamic
½ teaspoon mustard powder
1 Tablespoon syrup
1 Tablespoon sesame seeds

CABBAGE AND MUSHROOM SALAD

(Jilly Suttner)

½ cabbage, shredded
2 punnets button mushrooms, sliced
2 avocado pears, cut into slices or chunks
1 Paarmans mustard dressing

CHARLOTTE'S SPINACH SALAD

2 packets baby spinach
1 avocado pear
1 punnet strawberries or 2 mangoes
1 small bunch baby spring onions
2 packets crushed caramelised nuts

Dressing:

4 Tablespoons balsamic vinegar
½ cup salad oil
½ cup clive oil
1 teaspoon salt
2 Tablespoons lemon juice
2 teaspoons dry mustard
2 Tablespoons brown sugar (or white)

Arrange lettuce on platter. Place cucumber, snow peas, mandarins and chicken pieces onto the lettuce. Sprinkle with sesame seeds and almonds. Mix dressing ingredients together and pour over the salad about ½ hour before serving to allow flavours to blend.

Variation:

Instead of roasted chickens, chicken breasts can be used – cook in a mixture of 1 chicken soup cube and ¾ cup water for about 20 minutes.

Arrange cabbage, mushrooms and avocado pears on a platter. Pour the mustard dressing over and mix together.

Place cut up avocado and halved strawberries (or cut up mangoes) on a bed of lettuce mixed with the chopped spring onions. Sprinkle over the crushed nuts. Whisk dressing ingredients together in a liquidiser or food processor, and pour over the salad before serving.

COUNTRY LIVING SALAD

(Olga Levy)

2 cups frozen broccoli, boiled for a few minutes
1 punnet baby mielies, cut up (par-boiled)
6-8 baby marrows, sliced (par-boiled)
1 punnet mushrooms, sliced
1 red pepper, finely chopped
6 firm radishes, sliced

Dressing:

4 teaspoons salt
2 cloves garlic, crushed
5 Tablespoons sugar
1 Dessertspoon mustard powder
dash of pepper
pinch of ginger
2 cups oil
1 cup white vinegar

CRUNCHY PEA SALAD

(Tracy Terespolsky)

500g packet frozen peas, thawed
1 can water chestnuts, drained and sliced
3 or 4 stalks celery, thinly sliced
1 cup coarsely shredded carrot
3 or 4 spring onions, thinly sliced
4 Tablespoons mayonnaise
salt and pepper

Soya Marinade:

2 Tablespoons oil
2 Tablespoons vinegar
1 Tablespoon soya sauce
1 teaspoon sugar
1 teaspoon paprika
1 teaspoon mustard powder
½ teaspoon salt
1 small clove garlic, crushed

Slice the baby marrows, mushrooms and radishes. Cut the baby corn in half to make smaller chunks. Boil the broccoli for a few minutes, and drain. Boil the baby corn for a few minutes, and drain. Boil the baby marrows, too, for a few minutes, and then drain. Combine the broccoli, baby corn, baby marrows, red pepper and radishes in a glass bowl (can be left in layers, and mixed together when serving). Mix the dressing ingredients very well. Pour dressing over the sliced mushrooms and leave to marinate for about ½ hour. Pour the mushrooms and dressing over the salad. Pour over extra dressing if required.

Note: The quantities of this salad can be increased or decreased to suit your requirements. The dressing is a perfect accompaniment to any salad.

In a salad bowl, mix together peas, water chestnuts, celery, carrot and onion. Prepare marinade and pour over the salad. Mix well. Cover and refrigerate for 30 minutes or up to 3 hours. To serve, drain off and discard marinade from the salad (if there is not much excess marinade there is no need to drain the salad). Add mayonnaise to the salad, then salt and pepper to taste. Mix well. Serve. This salad keeps very well covered in the refrigerator.

CUCUMBER SALAD

(Susan Terespolsky)

1 cucumber peeled and sliced

Dressing:

2 Tablespoons sugar

50ml oil

65ml vinegar

30ml lemon juice

5ml mustard powder

125ml mayonnaise

3 spring onions, finely chopped

2 Tablespoons dried dill

Mix dressing ingredients together, and pour over sliced cucumbers.

CUCUMBER AND ONION SALAD

3 to 4 English cucumbers

1 Tablespoon salt

1 medium onion

½ cup vinegar

¼ cup water

½ Tablespoon sugar

dash pepper

Peel cucumbers and slice very thinly. Place cucumber slices in a bowl and sprinkle with salt. Allow to stand for at least 30 minutes. Squeeze water out of cucumber slices and place the slices in a serving bowl. Slice the onion into thin rings and put into the bowl with the cucumbers. Add the remaining ingredients and mix well. Refrigerate several hours before serving.

Variation: Substitute juice of 2 lemons for vinegar, and leave out the water.

CURRIED BEANS

(Sylvia Ginsberg)

2Kg green beans

2 large onions, chopped

25ml curry powder

5ml salt

5 black pepper corns

25ml corn flour

750ml vinegar

750ml sugar

12,5ml smooth apricot jam

Boil the beans and onions in a little water until tender – approximately 30 minutes. Drain well. Mix all other ingredients and add to the beans. Bring to the boil stirring constantly. Cook for 5 minutes. Ladle into hot sterilised jars. This quantity fills about 5 x 500g jars.

CURRIED RICE SALAD

(Agnes Demby)

2 cups cooked Tasmati or Tastic rice
2 Tablespoons mayonnaise (may need a little more)
2 Tablespoons chutney
1 small tin peaches (drained)
1 Tablespoon curry powder
1 chopped onion
1 chopped green pepper
¼ cup lemon juice

Mix all the ingredients together, adding chopped peaches and lemon juice last. Allow salad to marinate in the refrigerator for a few hours. Serve on a bed of lettuce, or put into a ring mould, and un-mould onto a bed of lettuce to serve.

EASY ASPARAGUS SALAD

(Jilly Suttner)

3 punnets fresh green asparagus
1 red pepper

Dressing:

1/3 cup olive oil
2/3 cup lemon juice
1 dessertspoon salt
3 dessertspoons sugar

Wash and then steam asparagus. Allow to cool. Place in a long, flat salad dish. Slice red pepper into long thin pieces and lay over asparagus. Pour vinaigrette over asparagus and leave overnight to marinate.

EGG AND ONION SALAD

(Sheena Wolovitz)

2 hard boiled eggs
1 bunch spring onions
(to serve 4 people)
1 dessertspoon margarine

For every bunch of spring onions, use 2 hard boiled eggs to serve 4 people. Double up as required. Shell boiled eggs and chop into small pieces. Wash and dry the spring onions. Chop the green section of the spring onions into small pieces, discarding the white ends. Melt about 1 dessertspoon margarine with salt and pepper to taste. Mix eggs and onions with the margarine.

GREEN BEAN SALAD

1 packet green beans
1 red pepper
sliced onion (optional)
olives (optional)
mushrooms (optional)

Dressing:

1/3 cup oil
¼ cup vinegar
¼ cup water
1 clove garlic, crushed
Italian herbs
1 teaspoon sugar
salt, black pepper

Steam beans for about 10 minutes. They should be cooked, but not too soft. Chop the other vegetables and add to the beans. Mix the dressing. Pour the dressing over the bean mixture. Allow to marinate for a few hours, or overnight.

FISH SALAD

(Cheryl Sulski)

Assorted lettuce leaves
100g smoked salmon slices
100g butterfish slices
100g peppered or herbed mackerel, cut into pieces
1 packet cherry tomatoes
1 avocado, peeled and sliced
1 papino, peeled and sliced

Dressing:

1 cup sugar
½ cup oil
½ cup vinegar
salt and pepper

Spread assorted lettuce leaves over a large platter, and arrange. Place rolled up smoked salmon and butterfish slices and pieces of mackerel over the lettuce. Cut cherry tomatoes in half, and place onto salad. Sprinkle lemon juice over avocado slices to prevent discoloration, and place onto salad, together with the papino slices. Mix dressing ingredients together well and pour over just before serving, or serve separately.

GLAZED BEETROOT WITH BALSAMIC VINEGAR

(Marietta)

1kg beetroots
2 teaspoons olive oil
pinch rosemary
salt and pepper
¼ cup balsamic vinegar
2 Tablespoons brown sugar
½ cup water
¼ cup chopped chives

Wrap beetroots in foil and bake for an hour. Cool. Peel and trim the beetroots, and then cube them. Heat oil and toss the beetroots in the oil to coat them. Add the sugar and balsamic vinegar. Boil. Add the balance of the ingredients. Cook until the liquid has evaporated and the beetroots are well glazed. Season with salt and pepper and sprinkle with chives.

GRANNY FANNY'S PICKLED CUCUMBERS

(Vivienne Olwyn)

2 to 3 English cucumbers
1 cup white vinegar
2½ cups water
2 bay leaves
4 Tablespoons sugar
1 Tablespoon salt
1 dessertspoon pickling spice
3 cloves garlic

Place thickly sliced cucumber and cloves of garlic into a jar. Boil the remaining ingredients together and pour over the cucumbers. Wait until cool, then close jars and leave for 2 to 3 days to pickle.

GREEN BEAN AND MUSHROOM SALAD

(Mandy Bloch)

2 tins cross cut green beans
1 tin sliced mushrooms
1 cup vinegar
½ cup oil
1 Tablespoon garlic salt
1 Tablespoon mixed herbs
1 teaspoon sugar

Put the beans and mushrooms in a dish. Mix the other ingredients together and pour over.

GREEN BEAN SALAD WITH ROASTED MACADAMIA NUTS

(Marion Bloch)

500g fresh green beans, topped and tailed
100g macadamia nuts, halved
1 Tablespoon olive oil

Dressing:

2 Tablespoons olive oil
2 Tablespoons sunflower oil
2 Tablespoons white wine vinegar
1 clove garlic, crushed
juice of 1 lemon
1 Tablespoon finely chopped coriander
1 Tablespoon finely chopped parsley
2 teaspoons clear honey
½ small fresh chilli, seeds removed, finely chopped

Cook the beans in boiling salted water to which 1 Tablespoon bicarbonate of soda has been added. (This helps the beans to retain their colour). Boil until the beans are barely tender – about 7 to 10 minutes. Refresh the beans under cold water and drain. Combine all the dressing ingredients together and whisk. While the beans are still warm, arrange them on a serving plate and pour over enough dressing to coat them thoroughly. Toast the macadamia nuts in the oil for a few minutes until lightly toasted. Pour the nuts and oil over the beans and serve at room temperature.

HUNGARIAN CUCUMBER SALAD (UBORKA SALATA)

(Agnes Demby)

2 medium cucumbers, washed and peeled
2 teaspoons salt
3 Tablespoons vinegar
3 Tablespoons water
½ teaspoon sugar
¼ teaspoon paprika
¼ teaspoon pepper
½ clove minced garlic
¼ teaspoon paprika

Slice cucumbers very thinly and place into a bowl. Sprinkle salt over the cucumber slices. Mix lightly and set aside for one hour. Meanwhile, mix the vinegar, water, sugar, paprika, pepper and garlic together and set aside. Squeeze the cucumber slices, a few at a time (discarding the liquid), and put into a bowl. Pour the vinegar mixture over the cucumbers, and toss lightly together. Sprinkle ¼ teaspoon paprika onto cucumbers. Chill the salad in the refrigerator for 1 to 2 hours.

LAYERED SALAD

Looks good in a glass bowl

2 green peppers
2 spring onions
2 English cucumbers
500g packet frozen peas, thawed
250ml mayonnaise
2 hard boiled eggs

Finely chop green peppers with the spring onions and place at the bottom of a glass bowl. Chop the English cucumbers and place them on top of the green peppers for the second layer. For the next layer, empty the thawed frozen peas onto the cucumbers. Finally, put a layer of mayonnaise to cover on top of the peas. Grate the eggs and sprinkle on top of the mayonnaise, to cover. Leave overnight in the fridge.

LAYERED SALAD WITH LETTUCE

(Fiona Minsker)

1 chopped lettuce
1 bunch chopped spring onion
1 chopped green pepper
1 stalk celery, chopped
1 packet grated baby marrow
500g frozen petit pois, thawed
1 tin water chestnuts, drained and thinly sliced
250ml layer mayonnaise
salt and pepper
250ml grated cheese (optional)
2-3 hard boiled eggs, grated
parsley to garnish

Place all ingredients in a glass bowl in the order described above. Refrigerate at least a few hours before serving.

MANDARIN AND AVOCADO SALAD

2 packets lettuce (butter or iceberg)
1 large onion, chopped
2 tins mandarins
(or 1 tin mandarins and 1 tin grapefruit)
3 diced avocado pears
4 small slabs peanut brittle, coarsely chopped

Dressing:

½ cup oil
½ cup vinegar
2 Tablespoons lemon juice
4 Tablespoons brown sugar
1 teaspoon mustard powder
1 teaspoon salt
1 drop Tabasco sauce (optional)

Mix lettuce and onion and place on a platter. Top with drained mandarins (or mandarins and grapefruit segments) and avocado pears. Sprinkle the peanut brittle over the salad. Mix the dressing ingredients and pour over the salad just before serving.

Variation: Instead of peanut brittle, make caramelised almonds: Stir 2 packets of slivered almonds with 4 Tablespoons sugar over low heat in a pan. Cook for a few minutes until caramel brown in colour. Once done, place almonds on a baking tray until cold. Crush.

MANGO SALAD

(Jessie Unterslak)

5 large firm stringless mangoes
1 small onion, diced
1 diced green pepper
3 spring onions, finely chopped

Dressing:

1/3 cup oil
1/3 cup vinegar
4 or 5 pieces preserved ginger in syrup,
chopped
salt and pepper
sugar to taste

Peel and dice the mangoes. Add the onion, green pepper and spring onions. Mix the dressing ingredients together and combine with the mangoes, green pepper and onions. (This salad works well with firm tinned mango, when mangoes are not in season).

MARY SALAD

4-5 cooked beetroots
1 onion
2 pickled cucumbers, diced
2 apples, peeled, cored and diced
1 pineapple, diced
½ packet pecan nuts, coarsely cut up
1 stalk celery, chopped
2 Tablespoons mayonnaise

Dice all the vegetables and mix together with the nuts and the mayonnaise.

NOODLE SALAD

(Debbie Lemmer)

500g small shell noodles
250ml tomato sauce
1 green pepper, chopped
125ml vinegar
125ml sunflower oil
200ml white sugar
1 teaspoon curry powder
salt and pepper

Cook shell noodles and leave to cool. Mix the balance of the ingredients together and combine with the noodles.

OLIVE AND FETA SALAD

(Jilly Suttner)

3 large carrots, grated
1 red pepper, finely chopped
3 medium tomatoes, finely chopped
1/3 cucumber, finely chopped
20 green olives or 1 small jar pitted green olives
3 Tablespoons feta cheese, crumbled
1 to 2 Tablespoons lemon juice

Mix carrots, red pepper, tomatoes, cucumber, olives and feta cheese. Combine with lemon juice. Serve.

MEDITERRANEAN SALAD

(Ruth Isaacson)

1 red pepper
1 packet baby carrots, julienne strips
1 packet button mushrooms
1 packet baby corn
1 packet sugar snap peas
1 packet cherry tomatoes
1 packet baby potatoes
3 brinjals (optional)
1 English cucumber
felaffel balls (see recipe under Sephardi Specialities)

Dressing:

1 carton tehina
juice of ½ lemon
¼ cup peri-peri oil
chopped parsley to garnish (optional)

Parboil potatoes for 10 minutes. Cut potatoes into quarters and allow to cool slightly. Cut baby corn into bite-size chunks, quarter the mushrooms, cut sugar snap peas in half, and the red pepper into strips. Place on a baking tray. Drizzle the vegetables with oil, salt and organum. Roast for 7 minutes in a hot oven (200 degrees). Shake the tray. Grill the vegetables for a further 1 minute and remove from the oven. Slice the brinjals lengthways, salt them and rinse after 30 minutes (this removes the bitterness). Marinate the brinjals in 2 slivers garlic, ½ cup olive oil, ¼ cup lemon juice. Fry both sides in a little oil. Fry the potatoes in small batches in the same oil. Drain the brinjals and potatoes and set aside. Cut cucumber in slices and the baby tomatoes into halves. Either make your own felaffel or buy ready made. (You need about 1½ felaffel balls per person – can cut them in half, too). Toss all the vegetables, except the brinjals and roasted potatoes. Assemble just before serving by placing tossed vegetables on a large platter. Top with felaffel balls, brinjals and roast potatoes. Mix the dressing ingredients together. Pour the dressing over the salad, and top with chopped parsley. Serve with warmed pita breads.

Note: The potatoes can be used boiled and not roasted if time is getting short.

PAPINO AND AVOCADO PEAR SALAD

mixed lettuce
2 papinos, peeled and sliced (reserve seeds)
2 avocado pears, peeled and sliced
chopped peanut brittle

Dressing:

½ cup sugar
¼ teaspoon mustard powder
½ cup chopped onion
½ cup vinegar
2 Tablespoons papino seeds

Place lettuce on a serving platter. Cover with the sliced papino and sliced avocado pears. Top with the chopped peanut brittle. Blend the dressing ingredients in a food processor. Blend until the seeds are mixed into the dressing. Pour the dressing over the salad just before serving.

PASTA SALAD

500g penne noodles/small shells/macaroni
1 chopped red pepper
1 chopped green pepper
¾ bunch spring onions, chopped

Dressing:

1 cup tomato sauce
½ cup vinegar
½ cup oil
3 teaspoons curry powder
dash black pepper
¾ cup sugar

PASTA AND ROASTED VEGETABLE SALAD

500g penne noodles, cooked
1 packet baby marrows, thickly sliced
2 red peppers
2 yellow peppers
2 tins salad cut corn (or fresh)
2 tomatoes, coarsely chopped
1 onion, coarsely chopped
2 teaspoons garlic, minced
¾ cup olive oil
½ cup balsamic vinegar
1/3 cup freshly chopped basil
salt and pepper
1 packet sun-dried tomatoes in vinaigrette

PAWPAW SALAD

(Shelley Blumberg)

Butter lettuce
Cucumber
Tomato
red pepper
1 small pawpaw

Dressing:

½ cup sugar
2 teaspoons salt
½ teaspoon mustard powder
½ cup white vinegar
½ cup oil
¼ onion
pawpaw pips

Mix the noodles with the peppers and spring onions. Mix the dressing ingredients together and pour over the noodles. Refrigerate until ready to serve.

Cut up vegetables and place in roasting pan. Drizzle with olive oil, balsamic vinegar, minced garlic, basil, salt and pepper. Roast uncovered in 180° oven for at least 40 to 60 minutes or until the vegetables are done. Turn and shake the vegetables while they are cooking. Allow the vegetables to cool. Then mix together with the cooked penne noodles and the sundried tomatoes. Mix in as much of the vinaigrette as is required to moisten the salad without drowning it.

Place diced cucumber, diced tomato, diced red pepper and pawpaw chunks onto a bed of lettuce on a platter. Combine dressing ingredients in a food processor until pips are crushed and onion is finely chopped. Pour dressing over the salad just before serving.

PEANUT BRITTLE SALAD

(Sharon Newfield)

Spinach or mixed lettuce to cover bottom of platter

1 tin litchis or 1 punnet fresh litchis

1 tin mandarins

2 avocados, sliced into wedges

1 large slab peanut brittle

Dressing:

5 Tablespoons soya sauce

6 Tablespoons oil

6 Tablespoons brown sugar

4 Tablespoons white vinegar

1 Tablespoon red wine vinegar

1 teaspoon sesame oil

2 Tablespoons syrup

½ teaspoon mustard powder

2 Tablespoons peanut butter

Cover platter with spinach or lettuce leaves. Place the litchis, mandarins and avocado pear over the spinach. Make the dressing by combining all the ingredients. Just before serving, sprinkle with peanut brittle, and pour over the dressing.

PICKLED CARROT

500g carrots

2 cloves garlic, sliced

chillies (optional)

1 cup vinegar

salt

1 cup boiling water

Peel the carrots and cut them into strips. Put the carrots into a deep dish. Slice the garlic and put them in between the carrots. If using chillies, place them in between the carrots and the garlic. Sprinkle the top with salt. Pour the vinegar to reach quarter way up the dish (to cover about a quarter of the carrots). Then pour boiling water over, to cover the carrots. When the water cools, the carrots are ready to eat.

PICKLED CUCUMBERS

4 large cucumbers

3 cups water

1 cup vinegar

1 Tablespoon salt

6 Tablespoons sugar

10 peppercorns

6 bay leaves

Wash cucumbers. Slice thickly. Boil together water, vinegar, salt, sugar, peppercorns and bay leaves. While hot, add cucumbers. Bring back to the boil. Remove from heat and bottle while hot.

PICKLED MUSHROOMS

2 packets button mushrooms

1 cup vinegar

¼ cup oil

½ cup sugar

salt and pepper to taste

spring onions, chopped (green part only)

Boil mushrooms in water for 5 minutes. Drain. Beat the vinegar, oil, sugar and seasonings together. Add the mushrooms to the vinegar mixture. Place in fridge. Garnish with spring onions just before serving.

PICKLED PEPPERS

2 cups water
2 cups vinegar
1 Tablespoon salt
2 Tablespoons sugar
2 bay leaves
10 pepper corns
10 allspice peppers (bell peppers)

PINEAPPLE SALAD

(Vee Michalow)

1 pineapple
1 peeled cucumber
2 peeled apples
2 stalks celery
2 Tablespoons raisins
½ packet pecan nuts, chopped

Dressing:

2 Tablespoons mayonnaise
1 Tablespoon lemon juice
2 teaspoons sugar

POTATO SALAD

(Susan Terespolsky)

1kg baby potatoes
4 Tablespoons French dressing OR
3 Tablespoon oil, 1 Tablespoon vinegar,
½ teaspoon each salt, pepper, sugar
and a pinch of mustard powder.
1 Tablespoon finely chopped onion
chives
2/3 cup mild mayonnaise
1 Tablespoon boiling water
1 Tablespoon lemon juice

QUICK AND EASY CORN SALAD

2 tins sweetcorn (not creamed)
1 red pepper, diced
2 to 3 pickled cucumbers, diced
2 Tablespoons mayonnaise
dill (optional)

Wash the peppers and prick with a fork. Boil the water, vinegar, salt, sugar, bay leaves and pepper corns. Add the peppers and cook for about 5 minutes. Allow to cool. Serve at room temperature or chilled.

Dice pineapple, cucumber, apples and celery. Add raisins and nuts. Pour over dressing.

Boil potatoes. Drain and return to heat. Cover with a tea towel and steam until dry. Mix dressing with onion and herbs and stir gently through the potatoes. Blend together the mayonnaise, mustard, boiling water and lemon juice and spoon on top of the potatoes. Leave in a cool place for about 1 hour. Just before serving, mix the mayonnaise through the potato salad. Serve at room temperature.

Mix all ingredients together.

QUICK AND EASY FELAFFEL SALAD

(Dana Saus)

felaffel balls

- 1 packet cherry tomatoes, halved
- 1 packet baby corn, cut into chunks
- 1 packet button mushrooms, halved
- 2 tins baby potatoes, fried (as close to serving time as possible)
- 1 packet Israeli cucumbers, cut into chunks
- 1 packet sugar peas

Dressing:

- 1 bottle Italian salad dressing
- 250g tehina

Mix all ingredients except potatoes and felaffel balls. Make the dressing by combining the salad dressing and tehina. Add felaffel balls and potatoes and throw over dressing about an hour before serving. Serve with pita bread cut into quarters.

QUICK SALAD

(Andrea Disler)

- 1 tin sweetcorn (not cream-style), drained
- 1 tin pineapple chunks, drained
- 2 celery sticks, diced
- 2 red apples, peeled and diced
- 2 green apples, peeled and diced
- mayonnaise

Mix all ingredients together. Moisten with mayonnaise.

RACHEL'S BRINJAL SALAD

(Ilona Duke)

Brinjals

- 3 cloves garlic
- 1 Tablespoon parsley
- 1 Tablespoon cumin/coriander
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup brown vinegar
- ½ cup tomato sauce

Soak brinjals in salt water for about 1 hour. Fry the brinjals in a little oil. Mix all the other ingredients, and pour over the warm brinjals.

RICE AND MANGO SALAD

(Fiona Tuchten)

- 250ml Tastic rice
- 125ml French dressing
- 1 small cucumber
- 3 baby marrows, cut into strips
- 1 red pepper, seeded and sliced
- 1-2 mangoes, cut into strips
- 1 avocado, peeled, stoned and diced
- ¼ cup sultanas or raisins
- ¼ cup chopped walnuts or pecan nuts

Prepare rice. While still hot, toss in the French dressing and allow to cool. Cut the cucumber in half lengthways and slice. Add the cucumber, baby marrow, red pepper, mangoes, avocado, sultanas and nuts to the rice and toss together. Allow the salad to stand for 1 hour before serving to allow the flavours to be absorbed by the rice. Serves 4 to 6.

ROAST BEEF AND POTATO SALAD

500g beef (scotch fillet, raisin rib)
700g baby potatoes, boiled and halved
1 punnet cherry tomatoes
1 packet snow peas, halved
assorted salad greens (spinach, lettuce, sprouts)
1 Tablespoon olive oil

Marinade:

1 Tablespoon olive oil
1 Tablespoon honey
¼ cup red wine vinegar
pinch cayenne pepper
1 teaspoon thyme

Dressing:

1/3 cup olive oil
2 teaspoons red wine vinegar
1 Tablespoon mustard powder
1 teaspoon tomato/chilli sauce
(or 1 teaspoon tomato sauce & pinch dried chilli)
1 teaspoon honey

SALMON POTATO SALAD

(Marietta)

3 potatoes, cooked and cubed (approx. 3 cups)
2 hard boiled eggs, diced
2 Tablespoons spring onions, chopped
1 large tin pink salmon

Cottage Cheese Dressing:

1 carton cream cheese
½ cup mayonnaise
2 Tablespoons lemon juice
salt and pepper

Cut the beef into thin strips. Combine the marinade ingredients. Place over the beef strips in a bowl, cover and refrigerate overnight. Heat the olive oil in a pan. Cook the beef strips in batches over high heat until browned and tender. Leave to cool. Mix the dressing ingredients together well. Combine beef strips, potatoes, tomatoes and snow peas in a bowl. Place lettuce or spinach or sprouts in a serving dish and top with the beef mixture. Drizzle with the dressing and serve. (This salad can be prepared the day before and stored covered in the refrigerator).

Mix together the potatoes, eggs, onions and salmon. Combine the dressing ingredients and pour over the salad. Serve with garlic bread.

WITH LOVE MERRYL, MARLON, YONI, DANIT AND TALİ NATHAN

ROASTED VEGETABLE COUSCOUS SALAD

(Ilana Erster)

Couscous:

1 packet couscous
500ml vegetable stock
salt and pepper

Dressing:

110ml olive oil
2 teaspoons cumin
½ teaspoon cayenne pepper
2 heaped Tablespoons tomato puree
4 Tablespoons lemon juice
1 teaspoon salt

Vegetables:

1 packet baby tomatoes
2 medium baby marrows
1 brinjal
1 red pepper, seeded and diced
1 yellow pepper, seeded and diced
1 large onion, diced
2 cloves garlic, crushed
3 Tablespoons olive oil
2 Tablespoons fresh basil, coarsely chopped
salt and pepper

Place vegetables on a baking tray and bake at 180°C degrees for about 30 minutes. Do not allow the vegetables to become too soft. Prepare the couscous in the stock. Place the roasted vegetables on top of the cooled couscous. Mix the dressing ingredients together and pour over the couscous and vegetables.

Optional garnish: top with 75g packet mixed salad leaves.

SPECIAL CROUTON SALAD

(Jilly Suttner)

1 lettuce
8 spinach leaves
6 spring onions
1 avocado pear

Dressing:

3 Tablespoons oil
3 Tablespoons lemon juice
1 Tablespoon Worcestershire sauce
½ teaspoon salt
1 clove garlic

Croutons:

Few slices bread

Arrange lettuce and spinach leaves on a platter. Top with chopped spring onions and avocado pear chunks. Make croutons: Cube the bread and fry in a little oil. Drain on absorbent paper and sprinkle with Italian herbs or garlic and herb spice. Place croutons over other salad ingredients. Mix dressing ingredients together and pour over the salad just before serving.

SPICED MUSHROOMS

(Susan Terespolsky)

200g sliced mushrooms

Dressing:

4 Tablespoons salad oil
2 Tablespoons wine vinegar
1 teaspoon grated onion
½ teaspoon salt
1 clove garlic – crushed
10 grinds black pepper
1 Tablespoon parsley

Mix dressing ingredients together to form a paste. Simmer mushrooms in a squeeze of lemon juice and enough salted water to cover, for 5 minutes. Drain well and mix with dressing while still hot. Cover and leave till quite cold. Serves 4 – 6.

SALMON OR TUNA CAESAR – CHINESE-STYLE

500g fresh salmon or tuna thinly sliced
(+/- 2cm x 1cm)

2 packets lettuce
1 red pepper, chopped
1 packet baby corn, blanched
1 cup pine nuts or slivered almonds
1 avocado pear, sliced
2 Tablespoons oil
salt & pepper
½ tub crumbled feta cheese (optional)

Marinade:

2 Tablespoons soya sauce
1 Tablespoon oil
1 teaspoon chilli sauce
1 Tablespoon finely minced fresh ginger

Dressing:

1/3 cup lemon juice
1 Tablespoon brown sugar
1 Tablespoon soya sauce
1 Tablespoon mayonnaise
½ cup olive oil
1 teaspoon chilli sauce
1 teaspoon salt
½ teaspoon minced garlic
black pepper

Combine marinade ingredients. Add the fish and let stand for at least 15 minutes. Toast the pine nuts or almonds in the oven on 140°C for 8 to 10 minutes. Blend all the dressing ingredients until smooth and refrigerate. Place the lettuce, red pepper, corn, avocado pear and nuts on a platter. Heat 2 Tablespoons oil in a frying pan or wok. Add the fish and sear on both sides until almost cooked through. Slice the fish and place it on top of the salad. Drizzle salad dressing over and sprinkle with feta, salt and pepper.

SPINACH SALAD

8 to 10 spinach leaves, cut in pieces
125g fresh mushrooms, sliced
1 tin water chestnuts, sliced
1 small onion, sliced
2 hard boiled eggs, sliced
(avocado pear and croutons – optional)

Dressing:

250ml (1 cup) red wine vinegar
250ml (1 cup) oil
80ml tomato sauce
½ cup sugar
15ml (1 Tablespoon) Worcestershire
sauce
1 grated onion

SPINACH AND FETA SALAD

1 bunch spinach
250g feta cheese, cubed or crumbled
½ punnet button mushrooms
1 to 2 Tablespoons olive oil
1 teaspoon salt
nutmeg

Arrange salad ingredients onto a platter.
Combine dressing ingredients in a food
processor. Toss over the salad.

Remove stalks from spinach and tear leaves
into bite-sized pieces. Place in a bowl and add
the remaining ingredients. Toss lightly until the
leaves are well covered with oil.

Variation: The oil can be replaced with fresh
cream, yoghurt, or mayonnaise

SUMMER SALAD WITH RARE ROAST BEEF

1kg beef roast (scotch fillet, raisin rib etc)
100ml basil pesto
2 teaspoons mustard powder
45ml vinegar
45ml olive oil
1 tin mandarin orange segments
2 avocados, thinly sliced
200g salad leaves (spinach, lettuce)
olives for decoration

Preheat oven to 180°C. Place roast in a
roasting pan. Rub with mustard and pesto and
roast for 20 to 25 minutes depending on how
well done the meat is required to be. Cool to
room temperature and slice thinly. Toss
orange segments and avocado slices in
vinegar and olive oil. Drizzle salad leaves with
salad dressing or olive oil depending on
personal preference. Pile on serving platter
and arrange beef slices on top. Decorate with
olives.

SWEET AND SOUR CABBAGE SALAD

(The Meyerowitz Family)

1 cabbage, shredded

Dressing:

1 onion, chopped

1 cup vinegar

½ cup oil

½ cup sugar

2 cloves garlic, crushed

1 level Tablespoon salt

1 Tablespoon poppy seeds

freshly ground black pepper

Place cabbage into a bowl. Beat the dressing ingredients together and pour over the cabbage.

SWEET AND SOUR ONION SALAD

1½ kg baby onions, peeled

little knob margarine

1 teaspoon mustard powder

3 eggs

Sauce:

1 cup white vinegar

1 cup sugar

¼ cup water

Boil the onions until tender. Remove from the stove and drain. Mix the sauce ingredients together in a saucepan and bring to the boil. Beat the eggs. Add the sauce mixture to the eggs and add a pinch of salt. Put the whole mixture back into the saucepan, and simmer to thicken. Add the margarine and mustard powder. Pour the hot sauce over the onions. Allow to cool, and refrigerate.

TOMATO SALAD

8 firm red tomatoes, sliced

3 red onions, sliced

fresh basil, chopped

Dressing:

3 Tablespoons white wine vinegar

1/3 cup olive oil

1/3 cup sunflower oil

3 cloves garlic, peeled and crushed

salt and black pepper to taste

Layer tomatoes, onions and basil in a glass bowl. Combine the dressing ingredients in a food processor or with an electric hand blender – this will result in a thicker dressing. Pour the dressing over the tomato/onion mixture and refrigerate covered for at least one day before serving.

SWEETCORN AND RICE SALAD

(serves 4 to 6)

2 cups cooked rice
420g sweetcorn (not cream-style),
drained
6 spring onions, diced
2 pickled cucumbers, diced
2 sticks celery, thinly sliced

Dressing:

¼ cup oil
9 teaspoons vinegar
9 teaspoons mayonnaise
2 cloves garlic, crushed
6 teaspoons Italian dressing

Mix the rice, corn, onions, cucumbers and celery. Mix the dressing ingredients together and pour over the salad. Mix together and serve chilled.

TRICOLORE NOODLE SALAD

(Monica Amoils)

1 packet tricolore screw noodles
1 pkt sundried tomatoes in olive oil
vinaigrette
1 pkt sundried tomato pesto (Ina
Paarman)
1 pkt calamata olives, pitted and halved
1 small tin (175ml) tomato cocktail or
tomato juice

Boil noodles as per instructions. Rinse in cold water and drain. Add the diced sundried tomatoes and the tomato pesto. Add the calamata olives and the tomato cocktail or tomato juice. Serve.

WALDORF SALAD

6 apples
4 to 5 bananas
1 small packet raisins
1 tin pineapple chunks, drained (reserve
juice for dressing)
4 sticks celery
1 small packet pecan nuts

Dressing:

1 cup mayonnaise
1/3 cup pineapple juice
1 teaspoon mild curry powder
2 dessertspoons honey or syrup

Cut fruit into small cubes. Combine dressing ingredients and pour over salad. Mix well and serve.

HAPPY COOKING FROM MOSHE, ZETA AND SASHA STAROGRAD

AVOCADO SALAD DRESSING

1 ripe avocado pear
1 cup sour cream
½ teaspoon each pepper,
Worcestershire sauce, salt,
1 Tablespoon grated onion
¼ teaspoon garlic powder
1 teaspoon lemon juice

Blend in blender. Refrigerate and serve on a tossed green salad.

CAJUN-STYLE SALAD DRESSING

4 Tablespoons soya sauce
7 Tablespoons oil
5 Tablespoons brown sugar
10 Tablespoons vinegar
1 teaspoon sesame oil
2 Tablespoons syrup
2½ teaspoons curry powder
3 Tablespoons peanut butter
few drops tabasco sauce

Liquidise all ingredients and pour over lettuce, cucumber and green pepper salad just before serving. Sprinkle with peanuts and bean sprouts.

DELICIOUS SALAD DRESSING

(The Meyerowitz Family)

1 teaspoon mustard powder
little hot water and sugar
2/3 cup cider vinegar
1 cup oil
2/3 cup brown sugar
black pepper
6 heaped Tablespoons mayonnaise
½ teaspoon garlic (optional)
2 teaspoons herbal salt

Mix mustard powder with a little hot water and a little sugar to make a paste. Add the balance of the ingredients and blend to a smooth dressing. Store in refrigerator.

FRENCH SALAD DRESSING

(Robyn Seid)

2-3 Tablespoons water
8 Tablespoons oil
4 Tablespoons vinegar
1 teaspoon salt
1 teaspoon mustard powder
6 teaspoons sugar
pinch of pepper
1 beaten egg yolk
2 cloves garlic, crushed

Combine all the ingredients and blend until creamy. Decant into a bottle. Can be refrigerated for one month.

LEMON SALAD DRESSING

juice of 1 lemon
¼ cup olive oil
3 cloves garlic, crushed

Mix all together.

ITALIAN DRESSING

(Judy Levy)

4 teaspoons salt
2 cloves garlic, crushed
5 Tablespoons sugar
1 Dessertspoon mustard powder
dash of pepper
pinch of ginger
2 cups oil
1 cup white vinegar

Mix all the ingredients together very well. For a thicker dressing, blend with an electric hand beater. Decant into a bottle. Keeps for a few months in the fridge.

PEANUT BUTTER SALAD DRESSING

(Shelley Winer)

1 cup oil
1 clove garlic
1 dessertspoon peanut butter
½ cup sugar
½ teaspoon mustard powder
¼ cup soya sauce
½ cup white vinegar
black pepper

Combine all ingredients, except the oil. Using a whisk, add the oil until blended.

FAVOURITE SALAD DRESSING

(Vee Michalow)

3 teaspoons garlic, crushed
1 1/3 cups sugar
1½ cups vinegar
2 cups oil
4 teaspoons mustard powder
1 cup mayonnaise
5 teaspoons salt
black pepper

Mix all the ingredients together.

THOUSAND ISLAND DRESSING

1 cup mayonnaise
½ cup tomato sauce
1 teaspoon Worcestershire sauce
dash peri-peri
1 teaspoon vinegar
salt
coarsely ground black pepper

Blend all the above together.

ORLEY SALAD DRESSING

2 teaspoons salt
2 large eggs
½ cup sugar
2 sachets (1 box) Orley Whip
½ cup white vinegar
1½ teaspoons dry mustard

SALAD DRESSING

(Charlene Abelson)

12 Tablespoons oil
4 Tablespoons vinegar
12 teaspoons sugar
2 teaspoons mustard powder
1½ teaspoons salt
pepper
1 stalk celery
1 small onion
1 or 2 spring onions
2 Tablespoons mayonnaise (optional)

In a saucepan, whisk egg and salt together. Mix dry mustard with some sugar to prevent lumps. Add all other ingredients and whisk well. Bring the dressing to the boil, stirring often. Allow to cool, stirring occasionally. Keep in a sealed jar in the fridge.

Mix all together in a blender for a few minutes.

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APPLE CAKE PUDDING - DAIRY

(Ann Munro)

2 eggs
¾ cup sugar
¼ cup milk
2 dessertspoons oil
1 cup flour
1 teaspoon baking powder
1 small tin pie apples

Sauce:

¾ cup sugar
250ml cream
2 teaspoons vanilla

Cream eggs with ¾ cup sugar. Add milk, oil, flour and baking powder. Pour into a shallow baking dish. Empty pie apples over mixture. Bake at 200°C for half an hour. Mix sauce ingredients well. When baked remove from oven and pour over sauce while hot.

BAKED PEAR PUDDING - PAREV

(Shelley Tobias)

2 large tins pear halves
1 1/3 cup Nutribev [soya milk]
½ cup Orley Whip
1½ teaspoons vanilla essence
2/3 cup sugar
¾ cup flour
4 eggs
4 Tablespoons sugar
2 Tablespoons margarine

Arrange the pear halves in a shallow ovenproof dish [about 20 x 30cm]. Mix Nutribev, Orley Whip and vanilla essence, 2/3 cup sugar, flour and eggs to form a smooth batter and pour over pears. Sprinkle the top with the remaining sugar and dot with margarine. Bake at 190°C for 45 - 50 minutes or until the top is golden brown and set.

BANANAS IN ORANGE JUICE - PAREV

8 bananas
margarine/butter
1 cup orange juice
½ cup lemon juice
½ cup sugar
cinnamon

Put a blob of margarine in a pan. Add juices and sugar and bring to the boil. Then add bananas which have been peeled and sliced in half. Finally add cinnamon. Serve immediately with ice cream.

BREAD AND BUTTER PUDDING - DAIRY

10 slices babke
½ cup flaked almonds
1½ cups milk
1½ cups cream
¼ cup castor sugar
2 eggs
1 teaspoon vanilla essence
½ cup soft brown sugar

Slice babke. Place in sprayed ovenproof dish, layering with buttered side up. Sprinkle with flaked almonds. Warm milk and cream and whisk in eggs, vanilla essence and castor sugar. Pour mixture over bread and leave for 15 minutes to absorb. Sprinkle with brown sugar and bake at 180°C for 45 minutes or until golden.

CHOCOLATE FUDGE PUDDING - PAREV

(Yael Katz)

1 cup flour
2 Tablespoons cocoa
2 teaspoons baking powder
2 cups boiling water
½ teaspoon salt
1 box Orley Whip
½ cup sugar
3 Tablespoons melted parev margarine

Sift flour, baking powder, salt, sugar and cocoa together. Add Orley Whip and melted margarine. The consistency should be like a cake batter – if too thick, add a little water. Stir until well blended. Pour into a large greased ovenproof dish. Take an additional ¼ cup cocoa and ½ cup sugar and mix well together. Sprinkle this thickly over the top of the pudding. Over this pour the 2 cups of boiling water and bake at 180°C for 40 minutes. Serve with custard.

FRUIT CRUMBLE - PAREV

(Debbie Lemmer)

2 tins fruit –mango/apricots/peaches
½ cup brown sugar
1½ Tablespoons brown sugar extra
¾ cup sugar
1 cup flour
1 teaspoon baking powder
1 beaten egg
cinnamon
¼ cup oil

Place fruit in a dish and sprinkle with first two amounts of sugar. Mix third quantity of sugar, flour, baking powder and egg together till crumbly. Pour over fruit and sprinkle with cinnamon. Pour oil over. Bake at 180°C for 40 minutes.

FRUITY MALVA PUDDING - PAREV

1 tin mixed fruit with juice
2 teaspoons bicarbonate of soda
2 cups flour
2 eggs
1½ cups sugar
1 teaspoon salt

Sauce:

1½ cups sugar
8 Tablespoons margarine
2 teaspoons vanilla essence
1 sachet Orley Whip
½ cup coconut (optional)

Mix all ingredients for base together. Place in a large greased dish and bake covered at 180°C for about 30 minutes. Remove from the oven. Prick all over and pour hot sauce over hot pudding. For sauce: Boil all ingredients together while stirring.

FRUITY SPONGE PUDDING – DAIRY

2 cups self-raising flour
2 teaspoons bicarbonate of soda
1½ cups sugar
2 eggs
520g tin of fruit with syrup

Sauce:

1 cup sugar
½ cup Ideal milk
1 teaspoon vanilla
4 Tablespoons margarine

Sift flour and bicarbonate of soda. Add sugar, eggs and tin of fruit. Pour into a large greased dish. Bake at 150°C for 60 minutes. For sauce: place all ingredients into a pot. Heat gently and stir till sauce is dissolved. Boil for 1 minute. Pour sauce over pudding while hot.

HOT DESSERT - PAREV

1 tin peaches
1 tin pears
1 cup flour
1 cup sugar
¾ cup oil (200ml)
2 eggs
2 teaspoons vanilla essence
2 teaspoons baking powder

Beat eggs, sugar and oil. Add vanilla, flour and baking powder. Grease a large ovenproof dish with oil. Place fruit in a ovenproof dish. Cover the mixture and bake at 180°C for approximately 40 minutes until golden brown. Serve with ice cream.

HOT FRUIT SALAD - PAREV

2 apples, peeled, cored and thinly sliced
410g tin sliced peaches
410g tin apricots
2 ripe bananas, diagonally sliced
2 Tablespoons brown sugar
rind of 1 lemon and 1 orange

Mix the juice of the peaches and apricots with brown sugar and rinds. Place fruit in a casserole. Add the juice and bake at 180°C for ¾ hour, uncovered. Serve hot or cold with ice cream, cream or on its own.

MARC CHAGALL'S ICE CREAM CREPES AND APRICOT SAUCE – PAREV

(Marc Chagall's Restaurant – Balfour Park Shopping Centre)

8 portions of 3 x 4 cm blocks ice cream
1 large tin (825g) apricots
110ml (9 Tablespoons) brown sugar
12.5ml (1 Tablespoon) orange juice
25ml (2 Tablespoons) fresh lemon juice
5ml (1 teaspoon) orange rind
90ml (7 Tablespoons) margarine
60ml (¼ cup) Curacao or apricot liqueur
or Sabra
25ml (2 Tablespoons) brandy

Drain apricots, reserve syrup, liquidise half and cut up half. Melt margarine and syrup. Add apricot juice, Curacao, brandy, lemon and orange juice. Heat till well blended. Add pulp and chopped fruit. Serve hot. **Sauce must be made beforehand.** Cut blocks of ice-cream and wrap each in a warmed crepe. Serve immediately with sauce.

MALVA PUDDING – PAREV

2 eggs
2 cups sugar
2 Tablespoons apricot jam
pinch salt
2 cups flour
2 teaspoons bicarbonate of soda
2 Tablespoons parev margarine
2 teaspoons vinegar
1 cup water
2 sachets (1 box) Orley Whip

Sauce:

1 sachet Orley Whip
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
1 teaspoon vanilla
6 Tablespoons parev margarine

Beat the eggs and sugar well. Add the jam and beat. Melt the margarine. Add the vinegar. Add the margarine mixture alternately with the liquid and sifted ingredients to the egg mixture. Beat well. Grease square or rectangular corning or ovenproof dish, pour in mixture and cover with foil – shiny side up. Bake at 180°C for 45 to 50 minutes.

Sauce:

Just before the pudding is ready, combine all sauce ingredients and boil together. Remove the baked pudding from the oven, prick the top of it, and immediately pour hot sauce over the malva pudding. Serve or cover and keep pudding in low oven or warmer drawer until ready to serve.

MICROWAVE SELF-SAUCING CHOCOLATE PUDDING - PAREV

(Shelley Tobias)

60g margarine
 $\frac{1}{4}$ cup cocoa
 $1\frac{1}{2}$ cups self-raising flour
1 cup castor sugar
2 teaspoons vanilla essence
 $\frac{1}{3}$ cup cocoa - extra
 $\frac{3}{4}$ cup Orley Whip
1 cup lightly packed brown sugar
2 cups boiling water

Place margarine in a dish and melt in the microwave on 100% power for 1 minute. Stir in flour, sugar, cocoa, Orley Whip and vanilla essence. Beat until smooth with a wooden spoon. Sprinkle with combined sifted brown sugar and extra cocoa. Carefully pour boiling water over the mixture. Cook at 100% power for 12 minutes or until cooked in the centre. Leave to stand for 5 minutes before serving with ice cream.

PAREV APPLE DESSERT

(Caryn Berman)

1 small tin pie apples
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup oil (or a little less)
 $\frac{1}{2}$ cup flour
1 teaspoon vanilla essence
1 beaten egg
1 teaspoon baking powder
Cinnamon and sugar mixture

Place fruit in a single layer on the bottom of a greased dish. Sprinkle generously with cinnamon and sugar. Mix the rest of the ingredients to form a thick, sticky mixture. Spread over the fruit. Sprinkle again with cinnamon and sugar. Bake at 175°C for about 40 minutes. Leave longer in the oven on a low temperature to form a crisp crust. Recipe can be doubled or trebled depending on the size of the dish and number of guests.

OLD FASHIONED RICE PUDDING

An attractive, creamy and impressive pudding that is an all time favourite. Tastic Rice, when used in pudding, should always be over-cooked to ensure the rice grain is soft.

2/3 cup uncooked Tastic Rice
3 cups milk
1/3 cup sugar
2 egg yolks
1 teaspoon vanilla essence
½ cup chopped or whole pecan nuts or walnuts
¼ cup sultanas or raisins

Meringue:

2 egg whites
½ cup castor sugar

Prepare the Tastic Rice according to the directions on the packet. Add the milk and sugar to the rice and simmer until the mixture is thick and creamy. Stir frequently to prevent burning. Beat the egg yolks and vanilla essence together. Spoon 3 Tablespoons of the hot mixture into the egg yolks and mix together. Stir the egg into the rice mixture and simmer for a few minutes. Remove from the heat and stir in the nuts and sultanas or raisins. Spoon into a greased ovenproof dish. Beat the egg whites until stiff, then slowly beat in the sugar. Cover the rice pudding with the meringue and bake at 180° until golden brown. Serves 6.

Variations:

1. Any drained canned fruit can be added to the ingredients.
2. For a more economical dessert, omit the nuts and sultanas or raisins.
3. Replace the Tastic Rice with Bonnet American White Rice for a softer texture.

PEACH CRUMBLE - PAREV

1 large tin peaches – drained
1 Tablespoon smooth apricot jam
Juice of half a lemon
Cinnamon – lots
½ cup flour
½ cup sugar
½ cup oil
1 teaspoon baking powder
1 egg

Mix peaches, jam, lemon and cinnamon together well. Place in a greased pie dish. Mix flour, sugar, oil, baking powder and egg together well. Spread over the mixture in the pie dish. Bake at 150°C for 1 hour.

POPPY SEED CREPES WITH APRICOT SAUCE - DAIRY

Crepes:

1 cup flour
2 Tablespoons butter - melted
2 Tablespoons sugar
1 Tablespoon poppy seeds
½ cup milk
2 Tablespoons grated lemon rind
1 cup water
Pinch of salt
3 eggs

Filling:

750g ricotta cheese
1 cup smooth cream cheese
1/3 – ½ cup icing sugar
1 teaspoon vanilla essence

Sauce:

½ cup apricot jam
½ cup boiling water
½ cup apricot / peach juice

Crepes:

In a bowl whisk flour, sugar, water, milk, eggs, butter, poppy seeds, rind and butter till smooth. Allow to stand covered for 1 hour (not essential). Makes about 16 crepes. Can be made the day before and left covered in the fridge.

Filling:

Mix all ingredients together.

Sauce:

Mix jam, water and juice until smooth.

Spread filling inside crepes. Place in a sprayed ovenproof dish. Brush with ½ cup milk. Bake at 200°C for 15 minutes. Drizzle with apricot sauce when you remove from the oven before serving.

YUMMY APPLE CRUMBLE – DAIRY/PAREV

(Robyn Seid)

125g butter or margarine
8 - 10 heaped Tablespoons flour
3 Tablespoons white sugar
2 -3 Tablespoons soft brown sugar
Pinch of salt
1 large tin pie apples
Cinnamon
1 extra Tablespoon butter or margarine

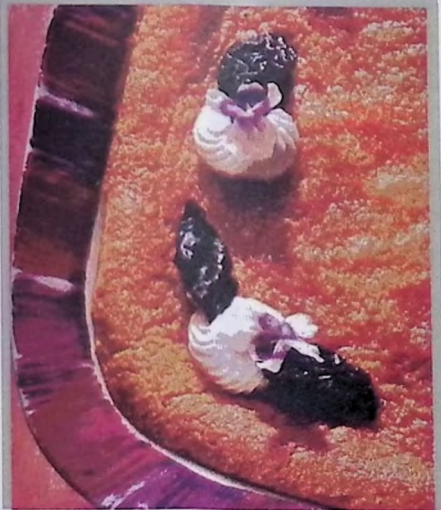
Melt 125g butter and add sifted dry ingredients mixing with a knife until the mixture resembles bread crumbs. If too buttery, add flour/sugar. Place apples in pie dish. Sprinkle generously with cinnamon, brown sugar and dot with butter. Spread breadcrumb mixture on top, sprinkle more brown sugar, dot with butter and bake at 180°C for 35 - 40 minutes. (Turn on grill for final 2 - 3 minutes for a caramelised, crisp top).



PRUNE DESSERT

A superb rice dessert made with rice, prunes, kiddush wine and cream. Prune dessert will soon become a firm favourite. Bonnet American White Rice is the perfect choice for desserts as it cooks up soft and creamy.

250g pitted dried prunes, chopped
1 cup kiddush wine
¼ cup uncooked Bonnet American White Rice
2 cups cream (or Orley Whip)
½ teaspoon vanilla essence
4 eggs, separated
¼ cup sugar
¼ cup melted butter or margarine
grated rind and juice of 1 lemon



Place the prunes into a bowl and pour over the wine. Allow to marinate for 4 to 6 hours.

Simmer prunes and wine for 25 minutes or until tender, and allow to cool. Prepare the Bonnet American White Rice according to directions on the packet and set aside. Place the prunes into a 1,2 litre capacity baking dish. Heat the cream. Beat the egg yolks and sugar together, then gradually add in the cream, mixing well. Mix in cooked rice, butter or margarine, lemon rind and lemon juice. Beat egg whites until stiff and fold into the mixture. Pour mixture over the prunes. Place dish into a shallow pan containing 5 to 6 cm water and bake at 150C for 1 hour or until custard has set. Serve warm or chilled.

Serves 4 to 6.

Trivia :

A pan of water in which dishes of delicate food are cooked, is known as a bain marie.

Variations:

Use 6 to 8 green chopped preserved figs in place of the prunes. Do not soak or boil in the kiddush wine. Simply place figs at base of dish and mix ½ cup kiddush wine with the custard. Any suitable dried fruit can be used in place of the prunes.

STICKY TOFFEE PUDDING – PAREV OR DAIRY

250g chopped dates (must be soft)
½ teaspoon vanilla essence
1 teaspoon coffee
¾ teaspoon bicarbonate of soda
2/3 cups boiling water
6 Tablespoons soft butter/margarine
2/3 cups castor sugar
2 eggs
1 cup self-raising flour

Sauce:

1 cup soft brown sugar
2 Tablespoons butter/margarine
6 Tablespoons cream/Orley Whip
2 Tablespoons chopped pecan nuts

Place dates, vanilla, coffee and bicarbonate of soda in a bowl. Add boiling water, stir and set aside. Cream butter and sugar. Add eggs and mix well. Fold in sifted flour. Add date mixture and mix. Put in a greased pie dish and bake at 180°C for 25 minutes or until tested comes out clean. Heat all sauce ingredients together until the sugar dissolves. Preheat grill. Pour sauce over pudding and place under grill for about 5 minutes. Can be served hot or cold.

TAMARA'S SPECIAL CARAMEL DATE PUDDING

(Gary Friedman Caterers, HOD Centre)

340g sugar
650ml water
4 eggs
340g chopped dates
125g butter or parev margarine
1 teaspoon vanilla
320g self-raising flour
2 teaspoons bicarbonate of soda

Sauce:

300g brown sugar
100ml Orley Whip
175g parev margarine

Place dates in a bowl. Boil water. Add bicarbonate of soda and pour over dates. Stir occasionally. Cream margarine and sugar. Add eggs slowly. Beat well. Fold in flour. Add date mixture and vanilla essence. The mixture will be runny. Bake at 150°C for about 40 minutes, until set.

Mix sauce ingredients together, bring to the boil and simmer for at least 7 minutes, stirring occasionally. Cool, stir through and refrigerate before decorating.

WINTER FRUIT COMPOTE - PAREV

2 cups fresh pineapple cubes
2 cups apple slices
2 cups pear slices
½ cup granadilla pulp
1 cup orange juice

Place all ingredients in a casserole with a lid. Cover and bake in a moderate oven (180°C) for 1 hour. Serve hot with parev ice cream.

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BLACK BOTTOM PIE

(Charlene Terespolsky)

Crust:

1 packet ginger nuts, crushed

65g margarine

Basic filling:

1 $\frac{3}{4}$ cups milk

4 Tablespoons cold water

$\frac{1}{2}$ cup sugar

1 Tablespoon cornflour

1 Tablespoon gelatine

4 egg yolks

Chocolate layer:

2 squares melted chocolate

1 teaspoon vanilla

Custard layer:

4 egg whites

$\frac{1}{8}$ teaspoon cream of tartar

$\frac{1}{2}$ cup sugar

1 teaspoon vanilla

Mix together the crushed biscuits and melted margarine. Line a greased pie dish and bake at 180°C for 10 minutes. Remove from oven and cool. To make the filling, soak the gelatine in cold water. Scald the milk. Add $\frac{1}{2}$ cup sugar mixed with the cornflour. Then add the beaten egg yolks. Cook over low heat, stirring constantly until the custard thickens. Stir in the dissolved gelatine, and divide the mixture in half.

To the one half add the chocolate and vanilla. Stir until dissolved and then spread over the ginger biscuit base while the mixture is still hot. Cool the remaining half. Beat egg whites and cream of tartar, gradually adding $\frac{1}{2}$ cup sugar. Blend with the cooled custard. Add 1 teaspoon vanilla. Spread the custard layer carefully over the chocolate layer. Leave in the fridge to set (overnight). Before serving decorate with whipped cream and grated chocolate.

CHOC-COFFEE MOUSSE - DAIRY

(Ros Bacher)

100g dark chocolate

2ml coffee powder

60ml cream

2 large eggs - separated

2ml vanilla

7ml sugar

Melt chocolate in double boiler. Add coffee powder and cream and stir well. Beat yolks and vanilla and add to chocolate mixture. Beat egg whites stiffly, slowly adding sugar. Fold whites into chocolate mixture. Chill and serve.

CHOCCLATE FINGER CAKE - DAIRY OR PAREV

(Belinda Jacobson)

300g parev chocolate

1 teaspoon vanilla

2 packets finger biscuits

$\frac{1}{4}$ teaspoon salt

3 Tablespoons icing sugar

250ml whipped cream/Orley Whip

2 Tablespoons water

4 eggs - separated

Cherries

Nuts

Line a loaf tin with waxed paper. Place biscuits on the bottom and sides. Melt chocolate. Add sugar and water. Cook on a low heat till melted and smooth. Cool. Add egg yolks one at a time, beating after each addition. Beat egg whites till stiff. Add salt and vanilla. Fold into chocolate mixture. Place layer of mixture on biscuits, and alternate layers finishing with biscuits. Leave in fridge overnight. Turn out to serve and decorate with cream, cherries and nuts.

CHOCOLATE MOUSSE – DAIRY

1 slab (200g) dark chocolate
5 eggs – separated
2 x 250ml fresh cream
1 Tablespoon castor sugar (for egg whites)

CHOCOLATE MOUSSE – PAREV

(Dawn Kohaly)

1 Tablespoon castor sugar
4 eggs - separated
3 packets Orley chocolate
2 boxes Orley Whip

COMPOTE - PAREV

(Leigh Goldin)

2 red apples - sliced like chips
2 green apples -sliced like chips
4 pears - sliced like chips
2 oranges - squeezed
3 Tablespoons apricot jam
3 Tablespoons marmalade jam
Lemon juice
4 cloves
Cinnamon

CONDENSED MILK PUDDING - DAIRY

(Merryl Nathan)

1 tin condensed milk
250ml cream
1 packet tennis biscuits
100 - 125ml lemon juice
25 - 30ml margarine
Flaky chocolate

Beat egg whites and 1 Tablespoon castor sugar until stiff. Melt chocolate and mix with egg yolks. Whip fresh cream until thick. Add to chocolate mixture. Fold in egg whites. Chill for 1 hour and serve cold.

Mix egg yolks, castor sugar and Orley Whip. Add melted chocolate. Fold in egg whites. Refrigerate.

Simmer all ingredients on a low heat. May be served hot or cold.

Melt margarine in a bowl. Add the crushed biscuits, and then line the bottom of a dish with the mixture. Beat cream till thick. Add condensed milk and beat for a few seconds more. Add lemon juice which causes the mixture to thicken rapidly. (If not, add a few more drops lemon juice). Pour mixture over tennis biscuits and sprinkle with flaky chocolate. Leave in fridge overnight to set.

CRÈME CARAMEL – DAIRY

500ml milk
2 eggs
2 egg yolks
8ml castor sugar

Caramel:
100g sugar
50ml water

Heat milk to scalding point – just before it starts to boil. Meanwhile break eggs into a bowl. Add the extra yolks and beat together. Add castor sugar and milk, mix and set aside. Put sugar and water into a small pan. Dissolve sugar over a gentle heat, then boil rapidly without stirring until rich brown in colour. Stop the boiling by dipping bottom of pan into a basin of cold water and, when still, pour a quarter of the caramel into a dry, warm 1 litre soufflé dish or cake tin. Individual moulds can be used if preferred. Pour remaining caramel into an oiled plate or tin. Turn the dish around carefully, to coat bottom and sides evenly with caramel. Set aside. Strain the custard mixture over the caramel in the soufflé dish, and cover with foil or grease-proof paper. Place dish in a baking tin half filled with warm water. Cook at 190° oven for 40 to 45 minutes, until just set. (For individual moulds, cook for 25 to 30 minutes). Take out and leave until cold before turning out. Crush remaining caramel and put around dish. Serves 6.

DELICIOUS MILLE FEUILLES - PAREV

1 packet puff pastry
2 packets vanilla pudding
2 boxes Orley Whip

Topping:
icing sugar
drop of water
drop of lemon juice

Roll out the pastry into a rectangle, and cut into half. Place onto 2 separate baking trays. Prick well with a fork, and bake at 200°C for about 15 minutes. Beat pudding and Orley Whip until stiff. Place between the two baked, puffed up pieces of pastry. Mix the topping ingredients and spread lightly on top of the cake.

EASY FRUIT TRIFLE - PAREV

1 packet finger biscuits
1 packet red jelly
1 tin fruit (mixed fruit/
peaches/strawberries)
1 box Orley whip
little sugar
chocolate vermicelli/hundreds and
thousands/grated chocolate

Put the biscuits into a ovenproof dish. Dissolve the jelly and while hot, pour it over the biscuits and wait until it is cool. Then pour the drained fruit on top of the jelly and biscuits. Drizzle a little of the juice from the fruit over as well. Beat the Orley Whip with a little sugar until it is stiff. Pour it over the fruit and decorate with hundreds and thousands, chocolate vermicelli or grated chocolate.

FESTIVE FLOATING ISLANDS - DAIRY

(Perle Greenberg)

3 large egg whites
40g (50ml) castor sugar
500ml milk
15ml rum
800ml prepared custard, runny consistency

Decoration:

75g (90ml) sugar
45ml water
25ml toasted almonds

Whisk the egg whites until stiff. Add the castor sugar and beat till mixture is thick and glossy. Heat the milk until just before serving. Poach spoonfuls of the meringue mixture in the hot milk until fluffy but firm. Slide the meringues onto a plate when done. Mix the rum into the custard and divide between 4 individual serving bowls. Heat the sugar and water into a saucepan over a low heat. Once the sugar has dissolved, bring to the boil and boil until the mixture has caramelised. Place the meringues on top of the custard and drizzle the caramel over them. Decorate with toasted almonds.

FROZEN CHOCOLATE MOUSSE - PAREV

(Ilana Erster)

12 eggs
1½ cups sugar
4 slabs parev chocolate
Chocolate vermicelli - to decorate

Separate egg whites and yolks into separate bowls. Whisk egg whites and sugar till stiff. In a separate bowl beat yolks till light yellow. Melt chocolate in a microwave or double boiler. Add melted chocolate to yolks and mix together quickly by hand. Add whites and sugar to chocolate and yolks mixture and mix all together. Pour into an ovenproof bowl and freeze. Once frozen, sprinkle with chocolate vermicelli. Serve direct from freezer.

FROZEN CHOCOLATE MOUSSE WITH VANILLA TOPPING - PAREV

(Marilyn Mendelsohn)

7 eggs
125g margarine
250g parev chocolate
¾ cup sugar

Topping:

1 egg
1 sachet Orley Whip, whipped
¼ cup sugar
1 teaspoon vanilla

Melt margarine and chocolate in a double boiler. Separate eggs and add yolks to melted chocolate. Beat egg whites and add sugar. Combine whites with chocolate mixture. Pour 2/3 into a baking dish. Bake at 180°C for 30 minutes. Cake will rise and drop quite flat when cool. When cooled, add remaining mixture and freeze overnight.

Topping: Combine Orley Whip, sugar, egg and vanilla. Pour over frozen cake and return to freezer. Must be served frozen.

[Optional: milk/parev chocolate may be added to Orley Whip mixture if desired.]

FROZEN LYCHEE DESSERT - PAREV

(Jilly Suttner)

3 tins lychees

Puree fruit in a blender or food processor with the juice. Place in a 20cm ovenproof bowl in freezer overnight. Serve by slicing with a knife. Works well with pineapple and mango or strawberries. With strawberries, add ½ cup of sugar as freezing reduces the sweetness of the fruit.

FRUIT SALAD - PAREV

(Sylvia Ginsberg)

6 bananas

1 tin red cherries, drained

1 tin black cherries - with juice

1 tin lychees - with juice

2 Tablespoons Cointreau

Slice bananas thinly and sprinkle with lemon juice. Add the red cherries, black cherries and the lychees. Add the Cointreau, the black cherry juice and the lychee juice. Chill and serve with sorbet ice cream.

GLAZED ORANGES IN COINTREAU - PAREV

(Merryl Nathan)

10 medium oranges, segmented

2 cups golden brown sugar

2 cups golden syrup

½ cup Cointreau or liqueur

½ cup lemon juice

2 cups cold water

Cut oranges into segments. Combine sugar, syrup and water and bring to the boil. Lower heat and cook for 10 to 15 minutes. Stir in juice and liqueur. Cook for a further 30 minutes. Pour mixture over the oranges. When cool place in fridge. Serve with chocolate mousse or ice cream.

LEMON LIME RING WITH MIXED BERRIES AND MANGO - PAREV

(Serenne Kaplan)

¾ cup sugar

3 Tablespoons margarine

4 egg yolks

1 teaspoon lemon rind

1/3 cup fresh lemon juice

¼ cup fresh lime juice

1 box Orley Whip

assorted berries, either fresh or tinned
(strawberries, blueberries, raspberries)
mangoes

Line a ring mould with plastic wrap with plastic overhanging. Whisk sugar, yolks, juices, margarine and rind in a double boiler or a large mixing bowl placed over boiling water until thickened. Remove top bowl and beat with an electric beater until thickened and cooled - about 8 - 10 minutes. Whip Orley Whip until thickened. Fold into egg mixture. Spoon into a mould and freeze. When ready to serve, unmould ring and remove plastic. Place fruit in a mound in the centre and decorate around edges.

LYCHEES DIPPED IN CHOCOLATE - PAREV

1 x 568g tin pitted lychees
whole ginger
watermelon konfyt
200g cooking chocolate
1½ teaspoons vegetable shortening

Drain lychees 24 hours before required. Fill centre [(opening left by pip) with a piece of ginger or watermelon konfyt. Melt chocolate with shortening and dip lychees into it. Place on a greased baking tray or wax paper.

LYCHEE PUDDING - PAREV

(Sheena Wolovitz)

1 packet green jelly
1 box Orley Whip
1 large tin lychees
Cherries (optional)

Boil jelly and juice of lychees. Whip Orley Whip. Fold cooled juice into Orley Whip. (May place a cherry in each lychee). Add lychees to liquid - reserve some to decorate. Leave to set. Decorate with lychees.

MACADAMIA PAVLOVA ROLLS - PAREV

(Serenne Kaplan)

6 egg whites
1½ cups sugar
1 Tablespoons lemon juice
1 tablespoons maizena/potato flour
½ cup ground macadamia nuts
1 teaspoon cinnamon

Filling:

1 box Orley Whip
1 Tablespoon coffee powder
2 whole eggs
2 egg yolks

Preheat oven to 120°C. Line a baking sheet with baking paper. Beat egg whites and lemon juice until stiff. Then add sugar very slowly over 20 minutes until meringue is smooth and glossy. Stir in maizena at the end. Spread on the baking sheet. Combine macadamia nuts and cinnamon and sprinkle over meringue. Bake until top is golden but centre is still soft - approximately 35 minutes. Allow to cool for 30 minutes on a rack. Cut into 3 rectangles and beat Orley Whip with 1 Tablespoon coffee powder until stiff. Then add eggs and yolks and beat till stiff. Spread half the coffee cream on one rectangle. Top with second rectangle and spread other half of coffee cream. Top with last rectangle. Freeze. Once frozen, cover with foil. Take out of freezer half an hour before serving.

MANDARIN PUDDING - PAREV

1 packet orange jelly
1 cup boiling water
1 small tin frozen orange juice concentrate
1 tin mandarins
3 - 4 large ice cubes

Add water to jelly and then add ice cubes. Pour in orange concentrate. Mix well. Pour in mandarins with syrup. Let it set overnight.

MARSHMALLOW PUDDING - PAREV

(Hilary Blumenau)

2 sachets Orley Whip
3 packets marshmallows
½ teaspoon coffee mixed with boiling water

Beat Orley Whip. Melt marshmallows with coffee mixture in a double boiler. When melted remove from stove and add to beaten Orley Whip.

NOUGATINE (NOUGAT PAVLOVA) – PAREV OR DAIRY

(Jeanette Krasner)

1½ boxes Boudoir biscuits
1 small packet shelled walnuts
250g dates, chopped
1 teaspoon baking powder
8 egg whites
400g (1¾ cups) sugar
500ml cream or 1 box Orley Whip

Break biscuits into bite-size pieces. Cut up the dates. Break the nuts into smaller pieces. Place all in a bowl, and add baking powder. In a separate bowl, beat egg whites and gradually add the sugar, until the meringue mixture is stiff. Fold in the biscuit mixture. Line a biscuit tray with baking paper. Pour mixture onto the baking paper, leaving about 1cm border all around, as the mixture spreads when baking. Bake at 160°C for 40 minutes. Allow to cool. This part of the dessert can be done up to a few days in advance. To serve, cut in half lengthways and spread either whipped cream or whipped Orley Whip on one half, covering with the other. Decorate with more cream or Orley Whip, and nuts and cherries (as desired).

ORANGE JOY - PAREV

(Jilly Suttner)

6 oranges
1 cup sugar
2 Tablespoons golden syrup
1 – 1½ cups water
Juice of 1 lemon

Peel oranges carefully, slice thinly and place in a bowl. Reserve peel cut into julienne strips. Cook sugar, syrup, water and lemon juice for about 10 minutes. Pour over orange slices and orange peel.

ORLEY CHOCOLATE MOUSSE - PAREV

(Travis Rabinowitz)

3 eggs
4 Tablespoons sugar
1 teaspoon vanilla
250ml Orley Whip
300g dark cooking chocolate

Beat yolks well with sugar. Whip Orley Whip and add to beaten yolks. Melt chocolate in a double boiler and add chocolate and vanilla mixture. Fold in stiffly beaten egg whites combining all ingredients thoroughly and allow to set in refrigerator. Ready to serve in a few hours.

PERFECTLY DELICIOUS CHOCOLATE CAKE DESSERT - PAREV

(Ingrid Seeff)

Parev slab of chocolate cake
1 packet vanilla pudding
1 cup Orley Whip
1 cup water
150g dark chocolate
50g margarine
4 - 6 Tablespoons Orley Whip

Place chocolate cake into a dish with sides. Beat the vanilla pudding with the Orley Whip and water. Place mixture on top of cake and place in fridge. Melt together the chocolate, margarine and Orley Whip. Allow to cool slightly and pour over the cake.

PEACHY MERINGUE - DAIRY

Creme patissiere:

1 egg
2 egg yolks
75g (90ml) sugar
60g (125ml) flour - sifted
500ml milk
25g butter or margarine
5ml vanilla essence

Peach layer:

2 x 410g tins peach halves - drained
12.5ml Cointreau OR fresh orange juice

Meringue:

4 egg whites
120g (150ml) sugar
50g (125ml) walnuts - finely chopped
[optional]
5ml ground nutmeg

Creme patissiere: Beat egg, yolks and sugar until thick and pale. Fold in flour. Pour into boiling milk. Cook over a low heat while stirring continuously until it begins to boil. Remove from heat and add butter cut into small cubes and vanilla essence. Mix well. Pour into a large, deep ovenproof dish. Arrange peaches on top and pour Cointreau over. Meringue: whisk egg whites until stiff. Fold in sugar, walnuts and nutmeg. Cover peaches completely with meringue. Bake at 180°C for 10 minutes to brown the meringue. Remove and allow to cool. Place in refrigerator and serve chilled.

PEAR DELIGHT - DAIRY

1 large tin pears
1 tin condensed milk
1 lemon
1 Swiss roll
1 carton cream - whipped
1 chocolate flaky bar

Slice Swiss Roll and place in a glass dish. Heat condensed milk with lemon juice to thicken. Spread condensed milk over Swiss roll. Mash pears and place over condensed milk. Spread whipped cream over pears. Decorate with flaky.

PEPPERMINT CRISP PUDDING

(Tracy Terespolsky)

1 packet vanilla instant pudding
½ cup fresh cream
2 cups milk
3 peppermint crisps

Mix vanilla pudding with the milk and leave to thicken. Whip cream and fold into the partially thickened pudding. Grate the peppermint crisps. Add most of the grated peppermint crisp to the pudding mixture. Pour the mixture into a serving dish and decorate with the rest of the grated peppermint crisp. Place the pudding in the fridge to complete setting.

PINEAPPLE CUSTARD - PAREV

1 large or 2 small pineapples
1½ cups water
½ cup sugar
1 Tablespoon cornflour
1 Tablespoon custard powder
1 egg yolk

Grate pineapple and boil with 1 cup of water and sugar for 10 minutes. Mix cornflour and custard powder to a smooth paste with the remaining ½ cup of water. Add egg yolk and mix well. Add it to the hot mixture on the stove. Turn heat to low and stir for about 3 minutes until it thickens. Pour into a dish. Cool and serve.

PINEAPPLE PUDDING - PAREV

(Bev Hirschowitz)

1 tin crushed pineapple
1 box Orley Whip
1 box vanilla pudding

Slightly beat Orley Whip. Add vanilla pudding and crushed pineapple and mix together. Pour into bowl and set in the fridge. Decorate with crushed peanut brittle.

PINEAPPLE JELLY PUDDING - PAREV

1 box Orley Whip
1 tin crushed pineapples
1 packet vanilla instant pudding
1 packet strawberry jelly
1 Tablespoon castor sugar
1 cup boiling water

Dissolve jelly in water. Fold vanilla pudding into crushed pineapple. Beat Orley Whip with castor sugar. Add jelly and pineapple mixture to Orley Whip and beat till they are all mixed together. Place in a bowl and refrigerate.

QUICK FRUIT MOUSSE - PAREV

(Simone Kahn)

1 box Orley Whip
150ml fresh fruit in season - pureed
75g castor sugar
10ml lemon juice
½ teaspoon vanilla essence

Whip the Orley Whip until stiff peaks form. Blend in fruit puree, castor sugar, vanilla essence and lemon juice. Serve in glasses.

PLUM PIE - PAREV

700g small plums – halved and stoned
100g sugar
Flour for dusting
350g shortcrust or flaky pastry
1 egg white – beaten
3 Tablespoons castor sugar
2 teaspoons arrowroot (if unavailable,
cornflour)
350ml water

In a large saucepan, arrange a single layer of plums. Add water and gently stir in the sugar. Bring to the boil, lower heat and simmer for 10 - 15 minutes or till tender. Heat oven to 190°C. On a lightly floured surface, roll out pastry to 3mm thick and line a pie dish. Re-roll trimmings and cut into long strips 12mm wide. Brush pastry case with egg white and sprinkle with 2 Tablespoons castor sugar. Remove plums with a slotted spoon and pat dry on kitchen towels. Reserve the liquid. Arrange plums in the case with cut sides down. Brush the rim of the case with water and arrange the strips across the top while twisting into spirals. Press the ends down firmly. Trim off surplus. Brush lattice with egg whites and sprinkle with remaining sugar. Bake for 30 - 40 minutes or until pale golden and cooked through. While baking, bring plum liquid to the boil and reduce to 125ml. Blend the arrowroot with 2 teaspoons cold water and stir into the reduced liquid and simmer for 3 - 4 minutes till slightly thickened. Spoon the liquid over the pie

SUPER CHOCOLATE PUDDING - PAREV

(Andrea Disler)

1 slab plain chocolate
Eggs
Vanilla
Sugar

Allow one short strip of a large slab of plain chocolate and one egg to each person. Melt chocolate in the top of a double boiler. When melted, remove the top saucepan from the bottom saucepan. Add yolks to chocolate one at a time, mixing well after each addition. Add a little sugar and a little vanilla to taste. Set aside to cool. When cool beat in whites till dry. Add to mixture and fold in till thoroughly blended. Pour into a glass dish and set in fridge. Decorate with a little grated chocolate when quite set.

STRAWBERRIES COATED IN CHOCOLATE - DAIRY

Strawberries
Dark chocolate
Milk chocolate

Melt equal quantities of dark chocolate and milk chocolate. Dip fresh strawberries into the chocolate mixture and place on greaseproof paper. Place in fridge to set.

STEWED GUAVAS - PAREV

(Robyn Flax)

6-8 ripe guavas
375ml water
juice of 3 to 4 oranges
pulp of 2 granadillas
1 cinnamon stick
125ml sugar
200g strawberries
45ml sugar

Peel guavas. Bring water, cinnamon stick and 125ml sugar to the boil. Add the guavas and cook fairly briskly for 10 minutes. Remove. Cool and strain. Refrigerate. Slice the strawberries, rinse and layer in a bowl with the guavas and 45ml sugar. Cover with orange juice and granadilla. Chill thoroughly.

STRAWBERRY DREAM - DAIRY

Topping:

125g margarine
125g flour
50g brown sugar
125g chopped hazelnuts

Filling:

1 packet strawberries
2 egg whites
225g sugar
1 Tablespoon lemon juice
1 teaspoon vanilla
1 cup cream

Topping:

Mix ingredients together and pour into an oblong biscuit tray. Bake at 200°C and stir occasionally. Cook till golden brown - about 15 minutes. When cool, press half into the bottom of a glass dish or loose bottom tin. Reserve the other half to sprinkle on top. Beat together filling ingredients - except cream - for about 20 minutes. Beat 1 cup cream and fold into the mixture. Spoon onto the crumb base. Top with the rest and freeze overnight.

TIRAMISU - DAIRY

2 teaspoons instant coffee powder or granules
150ml hot water
20 - 30 sponge finger biscuits
4 Tablespoons coffee liqueur or brandy
2 eggs - separated
25g castor sugar
500g marscapone cheese (or 250ml cream beaten with 250g cream cheese)
150ml double cream/whipped cream
3 Tablespoons cocoa powder
Chocolate curls to decorate (optional)

Stir coffee into hot water and allow to cool. Cover the base of a clear glass serving bowl with a single layer of biscuits. Sprinkle half the cooled coffee and half the liqueur evenly over the top. Whisk the egg yolks, sugar, cheese and cream together until smooth. Whisk egg whites until stiff and fold gently into the cheese mixture. Spoon half cheese mixture over biscuits. Make another layer of biscuits over the cheese mixture. Sprinkle the rest of the coffee and liqueur and spread the remaining cheese mixture over the biscuits. Cover and refrigerate overnight. Before serving, sift the cocoa in a thick layer over the top and decorate with chocolate curls. Tiramisu can be made in individual serving bowls if desired.

STRAWBERRY MOUSSE CAKE - PAREV

(Sharon Newfield)

Hazelnut meringue:

3 egg whites
¾ cup castor sugar
170g roasted hazelnuts – finely ground
¼ cup flour

Strawberry mousse:

2 x 250g punnets strawberries
3 egg yolks
½ cup castor sugar
1½ Tablespoons gelatine
¼ cup water
300ml Orley Whip
200 ml Orley Whip (extra)
Pink food colouring

Meringue:

Beat egg whites well, gradually add sugar and beat until sugar is dissolved. Combine the nuts and flour and fold into the meringue. Spread half the mixture over the base of a 25cm spring-form tin. Bake at 150°C for 25 minutes. Cool for 5 minutes. Remove from base and cool on a wire rack. Repeat with the other half of the mixture.

Strawberry mousse:

Reserve some strawberries for decorations and puree remaining strawberries until smooth. Beat egg yolks and sugar until pale and thick and fold into strawberries. Sprinkle gelatine over water and dissolve over hot water. Cool and add to strawberry mixture. Fold in the 300ml Orley Whip. Add colouring to get a nice rich pink.

Assemble:

Place plastic wrap over the base of spring-form tin and top with one layer of meringue - top side down. Place spring-form side around base so that the plastic wrap lines the inside of the tin completely. Pour mousse into pan. Cover with remaining meringue – top-side up. Refrigerate overnight. Release sides of spring-form tin. Remove dessert. Pull plastic wrap away from sides. Turn onto a serving plate. Remove tin base and wrap. Dust the top with sifted icing sugar and decorate with extra Orley Whip and reserved strawberries.

THREE-TIER MOUSSE - PAREV

(Terry Ann Kalinko)

6 eggs
2 x ½ cup sugar
1/3 cup water
1 sachet Orley Whip
1 slab parev cooking chocolate
½ cup crushed vanilla halva
few drops green colouring
1 drop peppermint essence

Beat egg yolks with ½ cup sugar and set aside. Beat egg whites with ½ cup sugar and set aside. Beat water with Orley Whip and set aside. Combine the three mixtures. Divide the mixture between three bowls. Melt the chocolate and fold it into the first bowl. Place this chocolate mousse into a glass bowl. Add the halva to the second bowl. Place on top of the chocolate layer. Add the essence and green colouring to the third bowl and place on top of the halva layer. Freeze until set. Drizzle extra melted chocolate over to decorate.



Royal Creams



Boudoir



Cream Crackers



Red Label
Lemon Creams



Blue Label Marie



Wafers



Tennis



Ginger Nuts




Choc Delight



Choc-Kits



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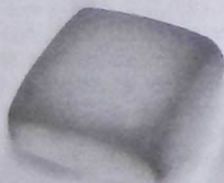


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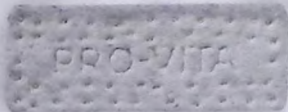
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Eet-Sum-Mor



Provita



Nuttikrust



Strawberry Whirls

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BANANA SORBET ICE CREAM - PAREV

2 ½ cups pureed bananas
½ cup sugar
Juice of ½ a lemon
2 egg whites

Put all ingredients in a mixer. Beat for 10 minutes until foamy. Freeze.

BANANA ICE CREAM - PAREV

Over-ripe bananas
Carob powder
Natural vanilla powder
Dates
Honey

Peel over-ripe bananas (as many as you like) and line up in rows in a plastic bag. Press out all the air and freeze overnight. Blend the frozen bananas in a food processor until rich and creamy (It could take a while but be patient it is worth it!) Add other ingredients and freeze. Serve as is or layer with chocolate mousse.

BASIC PAREV ICE CREAM - PAREV

6 eggs separated
375ml (1½ cups) sugar
250ml Orley Whip

Flavouring:

melted chocolate, halva,
rum essence and raisins,
½ tin mango concentrate.

Beat separately egg whites, yolks and Orley Whip. When each is firm, add 125ml sugar to each bowl and beat well. Combine and beat with beater. Add flavouring if desired.

CAROB ICE CREAM - PAREV

250g vanilla soya milk
1 - 2 bananas
8 cut up dates
60ml carob powder
30ml honey

Mix together soya milk, dates and bananas. Add carob powder to make a thick mixture - use more if required. You can eat it now as is. If freezing, add honey now as sweetness is lost in the freezing.

CAROL'S ICE CREAM - DAIRY

(Travis Rabinowitz)

2 x 250ml cream
Few drops vanilla
4 eggs - separated
1 tin condensed milk

Beat cream until thick. Add vanilla. Add egg yolks one at a time but take care not to over beat. Beat in the condensed milk. Beat egg whites until stiff and fold into other ingredients. Freeze.

CASSATA ICE CREAM - DAIRY

100g glace cherries
50g cake fruit or other glace fruit
20ml Grand Marnier
500g vanilla ice cream - softened
Fresh fruit to decorate

CASSATA ICE CREAM - PAREV

Outer layer:

6 eggs - separated
75g castor sugar
45ml cocoa
10ml coffee powder
10ml sugar
5ml vanilla
60ml water
Oil

Inner layer:

1 box Orley Whip
4 eggs
250ml castor sugar
10ml vanilla
Nuts, cherries, chopped chocolate
Cherry liqueur.

Soak dried fruit overnight in liqueur. Combine with softened ice cream and spoon into a bowl lined with plastic wrap. Freeze. Turn out onto a plate and remove the plastic wrap. Serve sliced and decorate with fresh fruit.

Outer layer: Whip egg whites. Add castor sugar and beat well. Add yolks and beat. Combine cocoa, coffee, sugar and vanilla and dilute with water.

Soak nuts, cherries and chocolate overnight in liqueur. Add to egg mixture. Pour into a large Tupperware that has been rinsed with oil and water. Freeze for about 5 hours. Remove and push ice cream to the sides and bottom of the dish (i.e. line the dish) and freeze. Soak nuts cherries and chopped chocolate in liqueur overnight. The next day make the inner layer: beat the yolks and sugar. Beat the yolks. Beat the Orley Whip. Fold yolks and sugar into Orley Whip and then fold in egg whites. Add the fruit. Pour into the ice cream shell and freeze till needed. Turn out of Tupperware to serve.

CHOCOLATE SAUCE FOR ICE CREAM - DAIRY

1 large slab bitter chocolate
1 cup castor sugar
250ml sweet cream
3 Tablespoons butter
¼ cup brandy

Dissolve chocolate in double boiler. Add castor sugar, butter and cream. Mix until all ingredients are blended and castor sugar is completely dissolved. Cool, and add brandy.

CHOCOLATE SAUCE - PAREV

200g parev margarine
3 Tablespoons cocoa
6 Tablespoons sugar
3 teaspoons coffee
Vanilla
2 beaten eggs.

Mix all ingredients except eggs together till well blended. Add the beaten eggs and mix well.

COFFEE FUDGE ICE CREAM - PAREV

80g parev chocolate
4 Tablespoons margarine
1 cup icing sugar
2 eggs, separated
2 litres parev vanilla ice cream
1 Tablespoon coffee
little boiling water
crushed peanut brittle or halva (optional)

Soften ice cream. Dissolve the coffee in a little boiling water and mix into the ice cream. Pour into serving dish or mould and freeze for about 1 hour. If using a mould, place the peanut brittle or halva (if using) in the mould before the ice cream, so that when it has been turned out, the decoration will be on the top. Melt chocolate and margarine until dissolved. Stir in the icing sugar. Lightly beat the egg yolks and add to the chocolate mixture. Beat egg whites until stiff and fold into the chocolate mixture. Pour this mixture over the coffee mixture. Decorate with crushed peanut brittle or halva. Freeze until firm.

Variation:

Leave the eggs out of the chocolate mixture, and swirl the chocolate mixture into the coffee ice cream when it is half set to give a marbled effect. Freeze until firm.

CRUNCHIE ICE CREAM - PAREV

500ml Orley Whip
6 eggs – separated
2/3 cup sugar
2 packets Crunchie (honeycomb)
1 teaspoon caramel essence
1/8 slab Orley dark chocolate
Cornflakes

Beat egg yolks with sugar till light and fluffy. Whip Orley Whip till stiff and fold into egg yolks. Beat whites till stiff and fold in. Add vanilla essence and ½ packet of Crunchie (honeycomb). Pour into a mould. Freeze. Unmould and decorate as follows. Melt chocolate. Remove from stove and add a handful of cornflakes stirring to coat the flakes with chocolate. Place on a tray lined with wax wrap. Allow to set. Peel off paper. Store in a plastic container in the fridge until required.

FIG ICE CREAM – DAIRY OR PAREV

4 jumbo eggs
4 fig preserve in syrup
½ cup castor sugar
10 Smyrna dried figs – de-stalked
2 Tablespoons chopped ginger
1½ cups cream or 1 cup Orley Whip
1 teaspoon vanilla
1 Tablespoon lemon juice

Beat eggs and sugar till thick and creamy. Remove a little of the mixture and place in a food processor with the ginger, figs in syrup, 1/3 cup syrup from figs and dried figs. Process till smooth. Beat cream or Orley Whip until thick. Fold in vanilla and remaining egg mixture, as well as fruit mixture. Add lemon juice and stir till well mixed. Freeze and stir every hour to remove ice crystals until completely frozen.

FLAKE ICE CREAM - DAIRY

750ml cream
6 eggs
1½ tins condensed milk
15ml vanilla
6 flaky bar chocolates - crumbled

Separate eggs. Beat cream until firm but not stiff. Beat egg yolks. Mix condensed milk and vanilla. Fold in cream. Beat egg whites and fold in. Fold in chocolate. Put in a lined loaf tin/mould/spring-form tin. Freeze for a few days. Decorate with extra flake.

FROZEN HALVA PUDDING - PAREV (Mignon Milward)

2 sachets Orley Whip
170ml sugar
6 eggs – separated
250g halva with nuts
15ml oil mixed with 125ml water

Beat egg yolks with sugar until light and fluffy. Beat Orley Whip until stiff and fold into yolks. Beat egg whites stiff and fold in. Add flaked halva. Pour into a mould rinsed in oil and water mixture. Freeze 18 hours. Unmould onto platter. Decorate with chocolate sauce drizzled over and/or flakes of halva.

FRUIT ICE - PAREV (Debbie Lemmer)

1½ cups sugar
¾ cup water
1 large pineapple
Juice of 5 oranges - strained
Juice of 1 lemon
Juice of 6 - 8 granadillas
2 egg whites - stiffly beaten

Boil sugar and water for 10 minutes. Allow to cool. Grate the pineapple and add juices of oranges, lemon and granadillas to the cooled syrup. Add stiffly beaten egg whites into mixture. Mix well and freeze. While setting, stir 2 - 3 times.

GRANADILLA ICE CREAM - PAREV (Fiona Minsker)

3 eggs - separated
½ cup sugar
1 box Orley Whip
1 tin granadilla pips

Beat egg whites and sugar till stiff. Beat Orley Whip and fold in whites. Add yolks and beat for 8 minutes. Add granadillas. Set in freezer. Recipe can be doubled.

HALVA ICE CREAM - PAREV

(Mignon Milward)

250ml sugar
6 large eggs
250g halva
2 boxes Orley Whip

Beat eggs till thick and creamy. Add Orley Whip and sugar and beat till thick. Crumb halva and add to mixture. Freeze 24 hours before serving.

Optional: decorate with grated chocolate.

ICE CREAM CHEESE CAKE SQUARES - DAIRY

(Jilly Suttner)

1 packet Marie biscuits
2 Tablespoons butter - melted
225g cream cheese
1 pot chocolate fudge or caramel ice cream
50g milk chocolate
20 x 20cm baking pan lined with tin foil

Crush the biscuits by placing in a plastic bag and pounding with a rolling pin. Mix crumbs with butter in a bowl. Press with fingers into the bottom of the pan. Beat cream cheese in a food processor or with a spatula until fluffy. Add ice cream and blend well. Pour into the pan with the crust and freeze for about 2 hours until firm. Melt chocolate and pour over pie. Re-freeze until ready to eat. To cut up, remove from pan and use a knife dipped in warm water.

ICE CREAM WITH CHOCOLATES - DAIRY

Vanilla ice cream

Chocolates: Peppermint Crisp, Kitkat, Crunchie, Bar One, Aero, Smarties

Finely chop chocolates of your choice and place in a bowl. Defrost ice cream. Mix chocolates and ice cream and place in a bowl. Sprinkle a topping of your choice as decoration. Freeze.

ICE CREAM WITH FRESH FRUIT - PAREV

(Travis Rabinowitz)

2 packets Orley Whip
4 eggs - separated
1 ½ cups sugar
4 teaspoons coffee
4 teaspoons Tia Maria or Kalhua
1 packet chopped nuts e.g. hazelnuts

Beat yolks and sugar until creamy. Beat Orley Whip very well. Beat whites well. Dissolve coffee in liqueur. Fold yolks into Orley Whip and coffee/liqueur. Add nuts. Fold in whites. Freeze.

LYCHEE ICE CREAM - PAREV

1 tin pitted lychees, drained
¼ cup lychee juice, reserved from tin
1 cup castor sugar
1 box Orley Whip
2 egg yolks

Liquidise lychees with castor sugar and ¼ cup reserved lychee juice. Beat Orley Whip until stiff. Add the egg yolks and stir in the liquidised lychee mixture. Place in dish or mould and freeze.

LEMON MERINGUE ICE CREAM - PAREV

5 eggs – separated
1 ¾ cups icing sugar
½ cup fresh lemon juice
3 sachets Orley Whip
1 teaspoon vanilla essence
parev Marie biscuits/finger biscuits/tea biscuits
parev margarine
¾ cup castor sugar

Crush biscuits and add melted margarine. Pat down in a spring-form tin and refrigerate. Beat egg yolks with icing sugar until lemon coloured. Add lemon juice. Beat Orley Whip and vanilla until stiff. Fold Orley Whip into lemon mixture. Pour into tin and freeze overnight. Beat egg whites and castor sugar till stiff. Put on top of the ice cream and grill for a few seconds until brown. Refreeze.

LYCHEE ICE CREAM – DAIRY

(Dana Saus)

2 cups (500ml) cream
4 eggs - separated
397g tin condensed milk
1 x 568g tins pitted lychees - drained
150ml fresh lemon juice

Beat egg yolks with condensed milk. Beat cream till firm but not stiff. Add yolks to cream. Beat. Add lemon juice and liquidised lychees and beat well. Beat whites till stiff and fold into cream mixture. Place in 20cm square pan lined with silver foil. Freeze. Unmould. Serve surrounded by lychees and ivy leaves or crushed ice.

MANGO ICE CREAM - PAREV

4 sachets Orley Whip
4 eggs
½ cup sugar
1 tin mango concentrate

Beat Orley Whip until thick. Add eggs and sugar and beat. Pour in defrosted mango concentrate. Beat all together. Freeze.

PAREV ICE CREAM

(Sheena Wolovitz)

4 eggs separated
7 Tablespoons sugar
1 box Orley Whip
chocolate chips, chopped nuts, cherries, halva, etc. (optional)

Beat egg yolks with sugar until fairly stiff. Beat whites until stiff. Beat Orley Whip until stiff. Fold all ingredients together. Freeze as is, or add chocolate, nuts, cherries for variety.

PEANUT BRITTLE ICE CREAM - PAREV

6 egg yolks
2 sachets Orley Whip
Vanilla essence
3 egg whites
250ml castor sugar
2 x peanut brittle

Beat yolks with castor sugar. Beat whites stiffly. Beat Orley Whip, add yolk mixture and egg whites folding together. Add vanilla essence. Crush peanut brittle and place in layers with the ice cream mixture. Freeze.

PEANUT BUTTER ICE CREAM - PAREV

(Leigh Goldin)

½ cup peanut butter
½ cup syrup
3 cups Choco Crispies
2 litres parev ice cream

Melt peanut butter and syrup together on a stove. Add Choco Crispies. Spray a springform tin well. Place half the mixture in the tin. Place a layer of ice cream. Freeze. Add other half of mixture on top with a layer of ice cream. Base must be on top when you turn out the ice cream to serve.

QUIKKI FRUTTI ICE CREAM - PAREV

7 eggs
1 cup sugar
1 cup oil
Flavourings:
400g tin guavas or pineapple
2 punnets fresh (par-boiled) strawberries

Mix egg yolks, sugar oil and fruit in blender. Blend the egg whites until stiff. Bind together and freeze.

SHARON'S ICE CREAM - PAREV

6 eggs – separated
1 cup sugar
½ cup oil
1 teaspoon coffee
1 teaspoon vanilla
2 teaspoons cocoa

Beat whites, add sugar and beat well. Beat yolks, add oil and beat well. Add the rest of the ingredients. Freeze.

STRAWBERRY DESSERT - PAREV

1 cup sugar
500g fresh strawberries
1 egg white

Beat egg white until stiff. Gradually add sugar beating all the time. Cut strawberries in half and add. Beat for 15 - 20 minutes. Place in a bowl and freeze. Decorate with whole strawberries.

STRAWBERRY SHERBET - PAREV

(Hilary Blumenau)

1 medium lemon
1½ cups water
¾ cup sugar
3 cups strawberries
2 egg whites

Pare (peel outer surface of) the lemon rind from the lemon and put in water with sugar. Heat slowly until sugar has dissolved and then boil for 5 minutes. Hull the strawberries and press through a strainer. Add the juice of half the lemon. Beat egg whites until very stiff. Combine all ingredients well. Put in a container and freeze. Remove when fluff is half frozen, beat well and return to the freezer. Refrigerate about one hour before serving. Top with whole strawberries.

VANILLA ICE CREAM - DAIRY

5 egg whites
2 tubs fresh cream
1 tin condensed milk
5ml vanilla

VANILLA PARFAIT - PAREV

(Susan Terespolsky)

3 large eggs, separated
 $\frac{3}{4}$ cup icing sugar
 $1\frac{1}{4}$ cups cream or non-dairy whipping cream
2 teaspoons vanilla essence
salt

Beat egg whites. Beat cream separately - not stiff. Fold condensed milk and vanilla into cream. Fold in egg whites. Freeze.

Put egg whites into a bowl and add a pinch of salt. Whisk until they hold soft peaks when the beaters are withdrawn. Add icing sugar 1 Tablespoon at a time, whisking after each addition. Gently, whisk in the yolks until the colour is even. Whip the cream and vanilla essence together - do not over whip. Carefully, fold into the meringue mixture. Pour into a container and freeze.

YOGHURT ICE CREAM - DAIRY

675ml apricot/strawberry yoghurt
1 tin condensed milk
250ml cream

Whip and mix all the above. Freeze overnight.

YUMMY PAREV ICE CREAM

(Ingrid Seeff)

6 egg yolks
3 egg whites
2 sachets Orley Whip (1 box)
1 cup castor sugar
vanilla essence
2 slabs peanut brittle

Beat egg yolks and castor sugar. Fold in beaten Orley Whip and stiffly beaten egg whites. Add vanilla. Oil a mould with cooking spray. Crush peanut brittle, place some at the bottom of the mould, and the remainder in layers with the ice cream. Freeze.

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COCO'A LA MAURITIUS

75ml (6 Tablespoons) coconut liqueur
625ml (2½ cups) pineapple juice
6 scoops ice cream
1 x 410g tin crushed pineapples - drained
4 - 5 ice cubes.

Liquidise ingredients. Pour into glasses and sprinkle with vermicelli. Makes 2 - 3 helpings.

ICE CREAM SODA

(Jilly Suttner)

Lemonade or coke
Vanilla ice cream
Chocolate ice cream
Cherry

For each person, put drink in a tall glass. Add a scoop of each ice cream. Place a cherry on top and a straw. Enjoy!

FRUITY FREEZE

(Jilly Suttner)

Milk
Strawberry and /or raspberry ice cream
Fresh strawberries
Fresh raspberries
Bananas

Place all ingredients in a blender. Blend until frothy and serve.

BE SMOOTH

(Jilly Suttner)

Milk or orange juice
Ice cream or fresh yoghurt
Honey
Fruit

Mix ingredients together. Honey must be runny – use as much as necessary to sweeten. Use orange juice and yoghurt for a healthier version. You can use as many soft fruits as you want.

DON VELVETINO

6 scoops vanilla ice cream
5 – 6 tots chocolate liqueur
Grated chocolate or vermicelli to decorate

Blend ice cream and Cape Velvet well in a blender or in a bowl with an electric beater. Pour into individual glasses and store in the freezer compartment of refrigerator prior to serving. Garnish with a few pieces of grated chocolate or chocolate vermicelli. Serve with a straw. Sufficient for 2 large glasses.

WITTEDRIF GINGER BEER

(Caryn Berman)

10g yeast
1kg sugar
12 bottles water
½ cup raisins
½ cup crushed ginger
½ bottle lemon essence
10 cloves
½ packet cream of tartar
½ packet tartaric acid

Boil water and add raisins, ginger, sugar and cloves. Leave to cool. Add tartaric acid, cream of tartar, yeast and lemon essence and leave in container. Bottle when the raisins float to the top. Leave overnight and then refrigerate.

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ANGELA'S FLAN

(Stella Mozessohn)

250ml flour
2 eggs
5ml baking powder
125ml sugar
125ml milk
45ml oil
5ml vanilla essence

Beat eggs and sugar together. Add the vanilla essence. Fold in the sifted dry ingredients. Beat together the milk and oil, and add to the egg mixture. Beat well. Pour into lined and greased flan tin. Bake at 225°C for 10 to 12 minutes.

APPLE CAKE

1 cup sugar
3 Tablespoons margarine or butter
OR 2 Tablespoons oil and ¼ cup water
3 eggs
1 cup flour
½ teaspoon salt
1 teaspoon baking powder
1 large tin pie apples

Sauce:

1 box Orley Whip
½ cup castor sugar
1 teaspoon caramel or vanilla essence

Beat the margarine and sugar until creamy. Add the eggs one at a time and beat well. Then add the flour, salt and baking powder. Place the pie apples into a greased pie dish. Pour over the mixture. Bake at 180°C for approximately 30 minutes. Make the sauce 15 minutes before the tart is ready by placing the Orley Whip, sugar and essence into a pot. Heat over low heat, without boiling. Pour hot sauce over the hot cake. To caramelise the topping, remove the cake from the oven after 20 minutes of baking. Prick all over with a fork and pour the sauce over the cake. Replace in the oven for 10 minutes, until the topping bubbles and caramelises. The tart can be served hot or cold.

Variations: (a) The batter can be poured into the greased pie dish first, and then the pie apples arranged on top of the batter. (b) 250ml fresh cream can be substituted for the Orley Whip. (c) A tin of crushed pineapples can be added to the batter before pouring the batter into the pie dish.

APPLE CRUMBLE CAKE - PAREV

(Bev Hirschowitz)

6oz (190g) parev margarine
12oz self-raising flour
6oz sugar
cinnamon
4 apples, sliced and peeled

Mix together the margarine, self-raising flour, sugar and cinnamon to make a crumbly mixture. In an ovenproof dish place alternate layers of crumble, apple, crumble, apple, crumble, apple and finish with a crumble layer. Bake at 180°C for 1 hour.

BAKLAVA

1 packet phyllo pastry
125g margarine, melted
250g almonds, walnuts or
green pistachios
cinnamon
cloves
1 Tablespoon castor sugar

Syrup:

2 cups sugar
1 cup water
fresh lemon juice

Mix the nuts with the spices and 1 Tablespoon of castor sugar. Brush a rectangular oven-proof pan with melted margarine. Then place one sheet of phyllo pastry into the pan. Brush all over with melted margarine. Continue layering the phyllo pastry and melted margarine until 8 sheets of phyllo have been used. Spread margarine over the top sheet of phyllo pastry, then put some of the nut mixture over it. Then use another 2 sheets of phyllo pastry with melted margarine. Pour over more of the nut mixture. Use another 2 sheets of phyllo pastry. Continue until the nut mixture is finished, then finish with 6 sheets of phyllo pastry spread with margarine. Brush the top with melted margarine and sprinkle with a little water all over the top (as one would do with laundry). Mark the baklava into small squares and place in a preheated 160°C oven for about 1 hour.

Prepare the syrup by bringing sugar, water and lemon juice to the boil over a low heat. When the syrup begins to thicken, take the syrup off the stove and allow to cool. Pour the cooled syrup over the hot baklava when you take it out of the oven.

BANANA LOAF

125g margarine
1 cup sugar
5 mashed bananas
1 teaspoon bicarbonate of soda
½ cup milk
1 pinch salt
2 cups flour
3 large teaspoons baking powder
2 beaten eggs

Cream the margarine and sugar. Add the bananas. Dissolve the bicarbonate of soda in the slightly warmed milk. Add to the banana mixture and beat well. Add the salt, flour, baking powder and eggs. Bake at 180°C for approximately 1 hour.

BANANA CHOCOLATE CAKE

(Ros Bacher)

1 cup margarine
1½ cups sugar
1 teaspoon vanilla
3 cups flour
2 teaspoons baking powder
¼ teaspoon bicarbonate of soda
4 large eggs
1 cup mashed bananas
1 cup milk
1/8 cup cocoa

Cream margarine and sugar very well. Add the vanilla. In a bowl, sift together the flour, baking powder, bicarbonate of soda. In another bowl, lightly beat the eggs and milk. Alternate the dry ingredients with the eggs and milk, beating well continuously. Add the bananas and beat well. Pour half of the mixture into a chiffon tin. The remainder must be mixed with approximately 1/8 cup cocoa and then poured into the tin. Bake at 180°C for 60 to 70 minutes.

BLUEBERRY DANISH

Dough:

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup low fat chunky cottage cheese
1/3 cup sugar
¼ cup milk
¼ cup oil
1 egg

Filling:

½ cup low fat smooth cottage cheese
¼ cup sugar
1 egg yolk
2 teaspoons lemon rind
1 cup tinned blueberries, drained
OR fresh blueberries

Glaze:

½ cup icing sugar
2 to 3 Tablespoons lemon juice

Dough: Mix together the flour, baking powder and salt. Blend cottage cheese in a food processor until smooth. Add sugar, milk, oil and egg and process until smooth. Add the flour mixture and pulse (mix in short bursts) to mix in, until the dough sticks together. Gently knead a little dough on a floured surface and form it into a ball. Cover with cling film and refrigerate for at least ½ an hour.

Filling: Blend cream cheese with sugar until creamy. Add egg yolk and lemon rind.

Preheat oven to 200°C. Cover a baking sheet with baking paper. Roll out the dough into a rectangle and place it on the baking sheet. Spread the filling mixture down the middle of the dough, leaving space on the sides. Sprinkle with blueberries. Make cuts along each side of the dough at an angle, trimming off the corners. Plait the strips over each other to close the pastry in the middle.

In a small bowl, beat 1 egg with a little water and brush over the pastry. Bake for 20 to 25 minutes or until golden. Allow to cool slightly.

Glaze: Mix icing sugar and lemon juice together until smooth. Drizzle glaze over Danish and allow to set.

BOBBA MARY'S SPICE CAKE

(Robyn Flax)

3 eggs
1 cup sugar
1 cup oil
1 cup syrup
1 cup very strong black tea
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
1 teaspoon ground cloves
1 teaspoon mixed spice
juice and rind of 1 orange
3 to 4 cups flour

Beat eggs and sugar very well until light and frothy. Add oil, syrup and strong black tea. Add the orange juice and rind. Add the cloves, mixed spice and sprinkle over the bicarbonate of soda. Then add the flour – sufficient to make a good cake consistency (not too firm, not too runny) and baking powder. Bake at 180°C for 1 hour.

CARAMEL PEPPERMINT TART

1 packet Tennis biscuits
1 tin caramel
250ml (1 cup) cream
2 or 3 peppermint crisps, crushed

Mix the caramel so that there are no lumps. Beat the cream until stiff and add to the caramel. Dip tennis biscuits into milk and line the dish. Pour over half of the caramel mixture. Sprinkle with half of the crushed peppermint crisp. Place another layer of tennis biscuits on top of the peppermint crisp, following with a caramel layer and finishing with crushed peppermint crisp. Place in the fridge to chill.

Variation: Place a layer of tennis biscuits in a dish. Spread with caramel. Spread over a layer of whipped cream. Sprinkle a layer of peppermint crisp on top. Repeat. You then have 8 distinct layers, if using a glass dish.

CARROT CAKE

(Debbie Lemmer)

2 cups sugar
1 ½ cups oil
4 eggs
2 cups flour
2 teaspoons cinnamon
2 teaspoons bicarbonate of soda
1 x 440g tin crushed pineapple, with syrup
2 cups grated carrots
½ cup pecan nuts or walnuts
½ teaspoon salt
Lemon icing:
2 cups icing sugar
½ cup (125g) butter or margarine
lemon juice
1 teaspoon lemon rind

Beat oil and sugar well. Add slightly beaten eggs one at a time. Add the flour. Add cinnamon, bicarbonate of soda and salt. Add the crushed pineapple, carrots and nuts. Bake in 2 loaf tins or 1 large ovenware dish at 180°C for 45 to 60 minutes. Do not remove cakes from tins until cold.

Beat all icing ingredients together with a hand mixer or in a mix master. Spread over the cooled cake and decorate with nuts and cherries.

CARROT CAKE WITH CREAM CHEESE ICING

(Fiona Tuchten)

3 eggs
1 and ½ cups sugar
1 cup oil
1 cup cake flour
1 cup brown flour (nutty wheat)
1 teaspoon bicarbonate of soda
2 teaspoons baking powder
1 and ½ teaspoons ground cinnamon
1 teaspoon ground nutmeg
pinch ground cloves
4 medium carrots, coarsely grated
1 cup seedless raisins (optional)
½ cup chopped walnuts

Icing:

3 cups icing sugar
50ml soft butter or margarine
approx. 1/3 tub cream cheese
½ teaspoon vanilla

Beat eggs and sugar until pale. Then beat in oil. Sift dry ingredients and add. Mix well. Then add carrots, raisins and walnuts. Line base of 18 x 18cm square tin with greaseproof paper, and oil lightly. Pour in cake mixture, which will be thickish and tacky. Spread evenly. Bake at 160°C for 1 hour 15 minutes or until firm and brown. Stand for 5 minutes before turning out onto a cake cooling rack. Remove paper and ice when cool.

Icing: Using a wooden spoon, mix icing sugar and butter. Slowly beat in just enough cream cheese to give a spreading consistency. Add vanilla. To ice, turn cake right side up onto serving plate. Cover top and sides with icing. Decorate with nuts, if desired, and cut into squares to serve.

Variation: a 20cm ring tin can be used.

CARROT AND BANANA CAKE

(Merle Rakusin)

½ cup brown sugar
2 eggs
1 cup flour
½ cup oil
2 teaspoons baking powder
1 teaspoon bicarbonate of soda
1 cup finely grated carrot
3 large bananas, mashed (1 cup)
½ cup seedless raisins or sultanas (optional)
icing sugar

Whisk sugar, eggs and oil together. Sift dry ingredients and add alternately with carrot, bananas and raisins to egg mixture. Pour into a greased 22cm ring tin. Bake at 180°C for 35 to 40 minutes. Leave in tin for a few minutes before turning out onto a wire rack to cool. Dust with icing sugar.

CHOCOLATE SWISS ROLL

(Sharon Newfield)

3 eggs
4oz castor sugar
1½ oz flour
1oz cocoa
1 teaspoon baking powder
250ml cream
2 Flakes

Heat oven to 200°C. Beat eggs and castor sugar very well. Add sifted dry ingredients. Pour into greased and lined baking tray. Bake for 10 to 15 minutes. Turn out onto damp cloth and roll. Leave rolled up until cool. Whip cream. Unroll cake and spread with cream. Roll up again. Top with cream and broken Flakes.

CRUSTLESS MILK TART

(Zeta Starograd)

4 eggs, separated
25ml (2 Tablespoons) melted butter or margarine
1 cup sugar
1 cup flour
1 litre milk
pinch salt
1 teaspoon baking powder

Beat egg yolks and sugar. Add butter or margarine. Sift the dry ingredients and add alternately with the milk to the egg mixture. Beat the egg whites and fold into the mixture. Pour into an ovenproof dish. Bake at 180°C for 1 hour. Sprinkle with cinnamon.

CHERRY CAKE

165g butter or margarine
¾ cup sugar
2 cups flour
2 eggs
2 teaspoons baking powder
½ cup milk
2 teaspoons vanilla essence
250g cherries

Cream butter and sugar well. Add beaten eggs. Sift in the flour, salt and baking powder. Add milk gradually, and then the essence. Cover the cherries lightly with a little flour and fold into the mixture. Bake at 200°C for 1 hour.

CHERRY LOAF

(Stella Mozessohn)

180g butter or margarine
180ml sugar
300g flour
10ml baking powder
3ml salt
125ml milk
2 eggs, large
5ml almond essence
180ml desiccated coconut
120g glace cherries, quartered

Glace icing:

250ml icing sugar
30ml hot water
pinch of salt
3ml almond essence

Preheat oven to 180°C. Cream butter with sugar. Sift flour, baking powder and salt. Combine the milk, eggs and almond essence. Add to the creamed mixture alternately with the sifted dry ingredients. Add the coconut and cherries. Place the batter into a greased and lightly floured loaf pan (10cm x 24cm). Bake on the middle shelf of preheated oven for approximately 1 hour. Allow to cool slightly before turning out onto a cooling rack.

Icing: Stir enough hot water into the icing sugar to make a spreading consistency. Add the salt and almond essence and beat until creamy. Once the loaf has cooled, decorate with glace icing and whole cherries.

BON APPETITE FROM THE BELELI FAMILY

CHIFFON CAKE

2¼ cups flour
1½ cups sugar
3 teaspoons baking powder
½ cup oil
5 egg yolks
¾ cup cold water
2 teaspoons vanilla
2 teaspoons grated lemon rind
1 cup egg whites (7 to 8 eggs)
½ teaspoon cream of tartar

Mix the flour, sugar and baking powder together. Add, in the following order: oil, egg yolks, water, vanilla and lemon rind. Beat until smooth. Into a large mixing bowl measure the egg white and cream of tartar. Beat until stiff. Pour egg yolk mixture in a thin stream over the entire surface of the egg white mixture. Fold in. Pour into an un-greased chiffon tin. Bake at 150°C for 55 minutes, then at 170°C for 15 minutes.

COCONUT TART

78g butter or margarine
½ cup sugar
3 extra large eggs
1 teaspoon vanilla
½ cup milk
1 cup flour
1 teaspoon baking powder
½ cup castor sugar, extra
1 cup coconut

Cream the butter and sugar. Separate the eggs. Add the egg yolks to the butter and sugar mixture. Add the vanilla, milk, flour and baking powder. Grease a 23cm cake pan and pour in the mixture. Beat the 3 egg whites very stiffly. Add ½ cup castor sugar while beating. Gradually fold in the coconut. Pour the egg white mixture over the batter. Bake at 180°C for 45 minutes.

BECKY'S FRIDGE CAKE

(Caron Kruger)

1 packet Marie biscuits
250g butter
2 eggs
1 Tablespoon brandy
200g dark chocolate
2 Tablespoons castor sugar

Melt butter. Break Marie biscuits into pieces. Melt chocolate in double boiler or in microwave. Beat eggs and sugar. Stir in the melted butter. Add chocolate and brandy and beat well. Stir in biscuits. Line loaf tin with foil. Place mixture into loaf tin and level off. Keep in freezer.

FRUIT CAKE

3 cups fruit cake mix
1 cup sugar
1½ cups water
125g margarine or butter
1 teaspoon bicarbonate of soda
2 cups flour
1 egg
½ cup slivered almonds (optional)
1 teaspoon baking powder

Boil together the fruit cake mix, (almonds), sugar, water and margarine or butter for 20 minutes. Allow to cool. Mix flour, baking powder and beaten egg and add to the above mixture. Grease and flour a loaf tin and pour mixture into it. Bake in 180°C oven for 1¼ to 1½ hours. Leave in the tin for 15 minutes before removing.

GINGER CAKE

3 cups flour
3 heaped teaspoons ginger
3 heaped teaspoons mixed spice
2 heaped teaspoons coffee
1 cup sugar
1 cup oil
1 cup syrup
1 cup boiling water
4 egg yolks
4 egg whites
2 heaped teaspoons baking powder

Beat the sugar, oil, syrup and boiling water well. When cool, add the egg yolks. Sift together the flour, ginger, mixed spice and coffee. Gradually add the flour mixture to the egg yolk mixture. Beat egg whites stiffly, and fold into the rest of the batter. Lastly fold in the baking powder. Oil a large loaf tin and cover bottom with baking paper. Bake at 170°C for the first half hour, then at 150°C for an additional half hour.

GOOSEBERRY TART

Crust:

1 packet Tennis biscuits
125g margarine or butter

Filling:

1 tin condensed milk
1 egg
juice of 1 lemon

Topping:

1 tin gooseberries
2 Tablespoons custard powder mixed
with a little water

Crush the biscuits and mix with the melted margarine. Place in base of greased pie dish. Beat the egg, condensed milk and lemon juice together. Place in the pie crust and bake at 180°C for about 15 minutes. Strain the juice from the gooseberries. Boil the gooseberry syrup. Mix 2 dessertspoons of custard powder with a little cold water to form a runny paste and stir into the boiling syrup. Stir continuously to avoid lumps forming. Pour the gooseberries into the thickened "sauce" and place onto the baked pie. Serve with cream.

GOOSEBERRY FRIDGE TART

(Sylvia Ginsberg)

1 packet Tennis biscuits, finely crushed
65g margarine
1 tin gooseberries
2 tubs smooth cottage cheese (500g)
2 packets orange jelly
1 tin condensed milk
250ml cream

Crush Tennis biscuits, mix with margarine and press into a pie dish. Drain the gooseberries and boil the sauce. Add the jelly to the gooseberry syrup. Bring to the boil and then set aside to cool. Mix the condensed milk, creamed cottage cheese and the cream into the jelly mixture. Pour into the biscuit crust and refrigerate overnight.

HOT MILK SPONGE CAKE

(Belinda Jacobson)

1½ cups flour
1 cup sugar
4 eggs
2 teaspoons baking powder
½ cup boiled milk
pinch salt
2 Tablespoons butter (2oz/60g)

Separate eggs. Beat egg whites well. Add yolks and beat well. Add sugar and beat well. Add sifted flour and salt. Boil milk and butter together and add. Add essence and baking powder. Bake at 210°C for 35 to 40 minutes for 1 round cake, and at 210°C for about 15 to 20 minutes for 2 round sandwich cakes.

Variation: For chocolate cake, substitute ¼ cup cocoa for ¼ cup flour.

IMPOSSIBLE TART

(Tracy Terespolsky)

4 eggs
1 cup sugar
½ cup cake flour
½ teaspoon salt
½ teaspoon baking powder
2 cups milk
1 cup coconut
1 teaspoon vanilla essence

Preheat oven to 180°C. Grease a 24cm oven proof pie dish. Place all ingredients in a bowl and mix until well mixed. Pour into the greased dish and bake for 45 to 55 minutes – until the top is golden brown and the custard filling has set.

IMPRESSIVE PECAN MERINGUE

(Debbie Weinstein)

11 Provita biscuits
1 cup pecan nuts
3 egg whites
1 cup sugar
½ teaspoon baking powder

Crush the biscuits and pecan nuts roughly. Whisk the egg whites stiffly. Whisk the sugar and baking powder into the stiffly beaten egg whites. Fold in the biscuit and pecan nut mixture. Bake in a greased pie dish at 180°C for ½ hour. To serve, cover the top of the pecan meringue with whipped cream.

JAM CAKE

1½ cups flour
3 Tablespoons baking powder
2 eggs
½ Tablespoon vanilla essence
2/3 cup sugar
¼ cup melted butter
milk
pinch salt
1 can of fruit of your choice
(peaches, apricots, gooseberries, apple, strawberries etc)
cinnamon & sugar
3 to 4 Tablespoons apricot jam

Mix flour, baking powder, eggs, vanilla, sugar, melted butter and enough milk to make a batter with a dropping consistency (like for crumpets). Place in an ovenproof dish. Add a can of fruit of your choice (peaches, apricots, gooseberries, apple, strawberries etc). Top mixture with cinnamon and sugar. Melt some apricot jam and drizzle on top. Bake at 180°C for about 15 minutes or until cooked through.

JAM TART

(Cheryl Sulski)

125g butter or margarine
¾ cup sugar
1 egg
2 teaspoons baking powder
1 teaspoon vanilla
pinch salt
approx. 2 cups flour
smooth apricot jam, at room temperature

Preheat oven to 180°C. Cream butter and sugar until light and fluffy. Add eggs one at a time and beat well. Add vanilla, salt and baking powder. Add the flour gradually, until the dough becomes soft but does not stick to your hands. Halve the dough and spread evenly over the bottom of a rectangular baking pan. Spread over a thick layer of apricot jam. Break up or grate the other half of the dough over the jam. Bake for 30 to 35 minutes until brown on top.

Variation: pie apples and sugar can be placed over the jam mixture before placing the other half of the dough over the tart.

JAM BABKE

(Tracy Terespolsky)

¼ quantity Favourite Challah Dough –
see bread recipes
approx. ¼ tin smooth apricot jam
melted margarine
sugar

When the dough is at the shaping stage, roll the dough out into a 25cm x 25cm square. Cut the dough into approximately 16 squares. Put a teaspoon or two of jam into the centre of each square and pinch the corners together to form little bundles. Dip each bundle into melted margarine and place smooth-side up into a greased spring form tin. When all bundles have been squeezed together into the tin, pour the remaining melted margarine over the top of the uncooked "babke" and sprinkle sugar over the top. Leave to rise for about 15 minutes, then bake at 190°C for about 30 to 40 minutes. This babke freezes well.

LEMON MERINGUE

(Andrea Disler)

¾ pkt Marie biscuits, crushed
30g melted margarine
1 tin condensed milk
3 egg yolks
juice and rind of a large lemon
3 egg whites
1 Tablespoon icing sugar

Mix biscuits into melted margarine. Line a greased ovenproof dish with the biscuit mixture, reserving some crumbs for the top. Mix the condensed milk, egg yolks, lemon juice and lemon rind and put into the base. Bake at 180°C for 10 minutes. Beat the egg whites with the icing sugar until stiff and the meringue mixture forms peaks. Put the beaten egg white mixture onto the baked shell. Sprinkle some crumbs on top and bake for a further 10 minutes at 180°C.

LAMMINGTONS

Good to use as a parev birthday cake.
(Barbara Solomon)

1½ cups sugar
5 to 6 eggs
2 cups flour
1 teaspoon vanilla
5 to 6 teaspoons baking powder
1 cup boiling water
1 cup oil
3 Tablespoons cocoa for chocolate cake
OR 3 Tablespoons maizena for plain cake

Chocolate coating for lammingtons:

¾ cup boiling water
75g margarine
1 and ¾ cup icing sugar
1 and ½ teaspoons vanilla
2 and ½ Tablespoons cocoa
coconut

Beat together sugar, eggs, flour, vanilla and cocoa or maizena. Add the water and oil, and finally the baking powder. Pour into a greased lammington baking tray (can use a rectangular roasting dish). Bake at 180°C for approx. 45 minutes.

Chocolate coating: Mix the boiling water, margarine, icing sugar, vanilla and cocoa and bring to the boil. Take off the stove. Put a little of the mixture at a time into a bowl. Cut the cake into squares and dip into the coating and then into the coconut.

LARGE MADEIRA CAKE

(Merle Rakusen)

This cake is ideal for novelty birthday cakes as it is not fragile and can be cut, shaped and iced easily.

250g butter or margarine
1 1/3 cups castor sugar
2 teaspoons lemon rind
5 extra large or jumbo eggs
2 and ½ cups flour
2 teaspoons baking powder
¼ cup milk
½ cup mixed peel (optional)

Preheat oven to 160°C. Cream butter, sugar and lemon rind until light and fluffy. Beat in the eggs one at a time. Beat very well after adding each egg to get rid of the curdled effect. Extensive beating at this stage will give you a very creamy texture and a beautifully light cake. Sift the dry ingredients and mix into the creamed mixture, together with the liquid, in 3 or 4 batches. Mix to make a smooth batter. A little more or less liquid (the milk) may be needed depending on the size of the eggs. Pour into a deep paper-lined 23cm cake tin or a large loaf tin. (Sprinkle mixed peel on top, if using). Bake for 1½ hours.

Note: For a parev version of the above cake, use parev margarine and substitute soya milk for the milk.

LOW FAT MILKTART

(Travis Rabinowitz)

Crust:

1/3 cup skim-milk
pinch baking powder
1 egg
1¼ cups flour
1½ sachets sweetener
pinch salt
2 teaspoons melted margarine

Filling:

1 teaspoon margarine
2/3 cup skim-milk
1 egg
dash vanilla
1 Tablespoon flour
½ sachet sweetener

MADEIRA CAKE

(Belinda Jacobson)

1½ cups flour
¾ cup sugar
125g margarine
2 teaspoons baking powder
vanilla
¼ teaspoon salt
½ cup milk
2 eggs

MARBLE CAKE

(Merle Rakusen)

3 eggs
1 cup castor sugar
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla essence
3 Tablespoons water
3 Tablespoons milk
3 Tablespoons butter or margarine
4 teaspoons cocoa mixed to a paste with
a little water

Mix crust ingredients together, press into baking tin and bake at 180°C for 10 minutes. Make the filling by boiling together the milk and margarine. Make a paste with the flour and a little water, and add. Add the rest of the ingredients. Spread over the base and bake for 15 minutes at 180°C. Sprinkle with cinnamon.

Note: When cut into 6 slices, each serving has 1/3 protein, ½ bread, ½ fat and 1/3 dairy.

Sift dry ingredients. Beat milk, eggs and vanilla, and add to dry ingredients. Add salt and margarine. Beat well for 5 minutes until light and fluffy. Grease a loaf tin. Bake at 220° for about 30 minutes.

Note: (a) Double up quantities for 3 smaller loaves. (b) Single quantity makes 12 fairy cakes – bake at 220°C for approx. 15 minutes.

Whisk eggs and sugar until light and fluffy. Sift flour, baking powder and salt together. Beat into the eggs one spoonful at a time. Bring water, milk and butter to the boil. Add to the mixture. Beat in the vanilla essence. Divide the mixture into two. Spread half into a deep, greased and lined baking tin. Mix the cocoa paste with the remaining mixture until evenly coloured. Pour this over the other batter in the baking tin. Using a knife, swirl the mixture to create a marbled effect. Bake at 180°C for 35 to 40 minutes, or until a skewer inserted into the centre of the cake comes out clean. Cool and ice.

MARBLE LAYER CAKE

(Judy Levy)

White mixture:

1½ cups flour
¾ cup sugar
125g margarine
2 teaspoons baking powder
pinch salt
1 teaspoon essence
2 eggs
½ cup milk

Chocolate mixture:

1½ cups flour LESS 2 Tablespoons
¾ cup sugar
125g margarine
2 teaspoons baking powder
pinch salt
1 teaspoon essence
2 eggs
½ cup milk
2 Tablespoons cocoa

Beat all ingredients for the white mixture together until fluffy. Beat all ingredients for the chocolate mixture together until fluffy. If making 2 cakes to sandwich together with icing, in the one greased tin put a layer of white mixture first, then blobs of chocolate and then white again. In the other greased tin do the opposite – that is, put a layer of chocolate mixture first, then blobs of white and then chocolate again. If using 1 large greased tin, alternate the mixtures in the same way to create a marbled effect. Bake at 170°C for 55 minutes for a single large cake and for 35 minutes for the sandwich cakes.

MILK TART

Pastry:

30g butter or margarine
¼ cup sugar
1 cup flour
pinch salt
1 teaspoon baking powder
1 egg

Filling:

4 cups milk
3 eggs
¾ cup sugar
pinch salt
4 heaped Tablespoons cornflour
1 Tablespoon flour
2 Tablespoons butter or margarine
cinnamon

Make the pastry by creaming butter and sugar until light and fluffy. Add salt, flour and baking powder. Add the egg. Press into pie dish and bake at 180°C for 10 to 15 minutes until light brown.

Make the filling by bringing the milk and margarine to the boil. Mix cornflour with a little milk to make a paste (not too runny) and add the eggs. When the milk starts to boil and rise in the pan, add the hot mixture to the cold, stirring all the time. Put it back into the pot and onto the stove, stirring all the time until it thickens. Remove the mixture from the stove. Add the sugar and vanilla. Pour into baked shell. Leave to cool and sprinkle with cinnamon.

BECKY'S MINUTE CAKE

(Caron Kruger)

1½ cups flour
¾ cup sugar
2 eggs
½ cup milk
2 teaspoons baking powder
125g butter or margarine

Beat all ingredients, except butter, together well. Add butter and mix in well. Bake at about 200°C for 25 to 30 minutes. Makes excellent cookies.

NO-BAKE FRUIT CAKE

(Shelly Winer)

250g margarine
250ml sugar
250ml raisins
250ml currants
250ml sultanas
2 eggs
250ml cherries, chopped
250ml pecan nuts, chopped
5ml vanilla
125ml brandy
2 packets Marie biscuits, crushed

Melt margarine with the sugar and fruit. Boil for 15 minutes. Cool. Blend eggs, vanilla and brandy. Mix fruit and egg mixture with crushed biscuits. Spoon into lightly oiled mould and press firmly. Refrigerate overnight. Best kept for at least one day before serving. Unmould and serve.

NO-BAKE MILK TART

(Belinda Jacobson)

1 packet Marie biscuits
125g melted margarine
3 heaped Tablespoons flour
1 heaped Tablespoon butter or margarine
1 tin condensed milk
1 teaspoon vanilla
2 eggs
1 litre milk
salt

Make crust by combining crushed Marie biscuits and melted margarine. Place into a pie dish to line base and sides. Mix the condensed milk and flour. Add the eggs and beat. Add 1 cup milk. In a large pot, heat 3 cups of milk and 1 heaped Tablespoon butter. When boiling, add the egg and milk mixture. Reduce the heat and stir until thick. Add vanilla essence. Pour the filling over the crust and sprinkle with cinnamon.

PAREV BUTTER CAKE

(Sharon Newfield)

250g soft margarine
6 eggs
2 level cups sugar
3½ cups flour
1¼ cups water
5 teaspoons baking powder
1 teaspoon vanilla essence

Cream margarine and sugar until almost white in colour. Add eggs one at a time, beating very well. Slowly add sifted flour, liquid and vanilla essence. Beat mixture well. Add baking powder. Pour into baking tin. Bake at 180°C for 45 minutes if using a large tin and for 30 to 35 minutes if using 2 small tins.

NUTTY BUTTER CAKE

250g butter or margarine
3 large eggs
1 cup sugar
2½ cups flour
pinch salt
1½ teaspoons baking powder
½ teaspoon bicarbonate of soda
1 teaspoon vanilla essence
1 cup buttermilk

Filling:

¾ cup crushed pecan nuts
1 teaspoon cinnamon
¼ cup castor sugar

Cream the butter and sugar until light and creamy. Add eggs one at a time, beating well after each addition. Sift flour, baking powder, salt and bicarbonate of soda. Combine the buttermilk with the vanilla essence and add alternately with the flour mixture to the butter mixture.

Grease and flour a large tube tin. Pour ¼ of the cake mixture into the tin. Then sprinkle all of the filling over the cake mixture in the tin. Pour over the rest of the cake mixture. Bake at 180°C for 45 to 50 minutes. When baked, remove from the oven, allow to stand for 10 minutes, then remove from the tin. Cool completely and decorate with a little water icing (icing sugar mixed with a small amount of boiling water) and coarsely chopped nuts.

ONE BOWL ORANGE LOAF CAKE (Merle Rakusen)

500ml flour
200ml castor sugar
10ml baking powder
1ml salt
125ml oil
125ml fresh orange juice
5ml finely grated orange rind
2 eggs
2ml vanilla

Orange Glaze:

25ml orange juice
10ml butter or margarine
250ml sifted icing sugar

Sift dry ingredients into a bowl. Add oil, juice and rind. Using an electric beater, mix for 1 minute on medium speed. Add eggs and vanilla. Beat for 45 seconds until well mixed. Pour into oiled, floured and lined 23 x 8 x 7cm loaf tin and bake at 160°C on middle shelf for 1 hour. Stand for 5 minutes. Turn out and cool on cake rack.

Heat butter and juice in small saucepan. Add icing sugar and stir over very low heat until smooth. Pour over top of cold cake, allowing glaze to trickle down the sides. Garnish with cherries and angelica

Note: Grated orange rind can also be used to decorate the cake.

PAREV HOT "MILK" SPONGE CAKE

¾ cup sugar
3 eggs
1 cup flour
2 teaspoons baking powder
2 Tablespoons (65g) margarine
6 Tablespoons water

Beat sugar and eggs until creamy. Add flour. Boil water and butter. Add to the flour mixture. Stir well. Add baking powder last. Bake at 180°C for 25 to 30 minutes in a greased round baking tin.

PAREV GINGER CAKE

(Cheryl Sulski)

3 extra large eggs
1 cup oil
1 cup golden syrup
1 cup lukewarm water
4 Tablespoons lukewarm water
1 teaspoon bicarbonate of soda
3 cups flour
1 teaspoon baking powder
2 teaspoons mixed spice
3 to 4 teaspoons ground ginger
pinch salt
1 cup sugar

Preheat oven to 180°C. Beat together the eggs, oil, syrup, 1 cup water. Dissolve the bicarbonate of soda in the 4 Tablespoons of water and mix with the egg mixture. Add the flour, baking powder, mixed spice, ginger, salt and sugar and beat well for 5 minutes. Pour into loose-bottomed chiffon or tube tin that has been well greased or sprayed with cooking spray or into 2 loaf tins. Bake for about 50 minutes in chiffon or tube tin and a little less if using loaf tins.

PAREV ORANGE CHIFFON

7 eggs, separated
1 cup sugar
¾ cup oil
1 cup fresh orange juice
2 cups sifted flour
3 teaspoons baking powder
1 Tablespoon vanilla

Beat the egg whites with ½ cup sugar until very stiff. Beat the yolks with remaining ½ cup sugar until pale in colour. Add the oil, juice, flour, baking powder and vanilla. Beat until the mixture is smooth. Fold the yolk mixture into the egg white mixture and pour into ungreased chiffon tin. Bake for about 1 hour at 180°C.

POPPY SEED CAKE

3 eggs
1 cup sugar
½ cup oil
1 cup flour
1½ teaspoons baking powder
4 Tablespoons poppy seed
1 cup coconut
250ml plain yoghurt

Beat eggs and sugar until creamy. Add the rest of the ingredients and mix together. Bake in oblong glass ovenproof dish in 180°C oven for 45 minutes. Make the icing by placing the chocolate, cocoa, icing sugar, milk, margarine and vanilla essence into a pot. Melt over the stove and pour over the cold cake.

Chocolate icing:

50g dark chocolate
1 Tablespoon cocoa
4 Tablespoons icing sugar
3 Tablespoons milk
1 Tablespoon margarine
½ teaspoon vanilla essence

POPPY SEED CAKE WITH APPLE

(Pippa Derfner)

100g butter or margarine
1½ cups sugar
2 eggs
1 teaspoon vanilla
200ml sour cream
1 Tablespoon lemon juice
100g ground poppy seeds
1½ cups flour
3 teaspoons baking powder
2 grated green apples

Cream the butter and sugar. Add the rest of the ingredients. Bake for about 40 minutes in a medium hot oven - 180°C.

PUMPKIN CAKE FOR SUKKOT (PAREV)

2 cups sugar
1¼ cup vegetable oil
1½ cups pumpkin puree/mashed pumpkin
4 eggs
3 cups flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt
¾ cup seedless raisins
¾ cup golden raisins
1 cup chopped walnuts or pecan nuts

Preheat oven to 180°C. Place sugar, oil and pumpkin in a large mixing bowl and beat well at medium speed. Add eggs one at a time. Mix well. Sift flour, baking soda and baking powder, cinnamon and salt. Fold into batter. Stir in raisins and nuts. Pour into a greased and floured tube pan. Bake for 1 ½ hours or until done. Test with a toothpick. Do not open the oven for at least 50 minutes. Cool on a rack before inverting. NOTE: canned pumpkin or butternut can be used, if available. Fresh ones can be steamed in a pressure cooker, whirl pulp in a food processor and then measured. You can add other ingredients to the batter such as dried cranberries, cherries, bits of crystallised ginger, etc. It is a moist cake that keeps well. It can be frozen.

QUICK AND EASY APPLE PIE

1 tin pie apples
¾ cup flour
¾ cup sugar
¾ cup milk or water
1 egg
2 teaspoons oil
1 teaspoon baking powder

Place pie apples into a greased ovenproof dish. Sprinkle with cinnamon and sugar. Mix the flour, sugar, milk (or water), egg, oil and baking powder together. Pour over the apples. Bake at 180°C for approximately 30 minutes.

QUICK AND EASY PAREV GINGER CAKE

(Barbara Solomon)

1 cup oil
1 cup warm water
1 cup syrup
3 eggs
3 cups flour
¾ cup sugar
3 teaspoons ginger
2 teaspoons mixed spice or cinnamon
1 teaspoon baking powder
2 teaspoons bicarbonate of soda
2 teaspoons cold water

Beat together the oil, water, syrup and eggs. Add the flour, sugar, ginger, mixed spice (or cinnamon) and baking powder. Beat together for 7 minutes. Dissolve the bicarbonate of soda in the cold water and add to the mixture. Beat for one more minute. Bake at 180°C for 45 minutes to 1 hour.

QUICK LEMON/VANILLA CAKE

(Mali Vazana)

2 cups flour
1 teaspoon baking powder
¾ cup sugar
½ cup oil OR 100g margarine
2 eggs
½ cup sour cream (125ml)
1 teaspoon vanilla essence
1 Tablespoon lemon juice
1 teaspoon grated lemon peel
pinch of salt

Heat oven to 180°C. Mix all the ingredients together to form a dough. Spread the dough into a greased baking tin. Bake for 35 to 45 minutes.

STRAWBERRY BREAD

3 cups flour
1 teaspoon salt
1 teaspoon bicarbonate of soda
1 Tablespoon cinnamon
1 teaspoon vanilla
2 cups sugar
3 eggs, well beaten
¾ cup oil
2/3 cup sour cream
1 punnet fresh sliced strawberries

Combine flour, salt, bicarbonate of soda, cinnamon and sugar. Make a well in the centre of the dry ingredients and add eggs, oil and sour cream. Stir until dry ingredients are moistened. Do not over mix. Stir in the strawberries. Spoon the batter into 2 greased loaf pans and bake at 180°C for 1 hour or until baked.

Variation: The mixture can be spooned into muffin pans and baked for 20 to 25 minutes or until done.

STRAWBERRY RING

Choux Pastry:

250ml boiling water
125g margarine/butter
grated rind of half a lemon
300ml cake flour
2ml salt
4 extra-large eggs

Filling:

375ml (1½ cups) cream, chilled
15ml sugar
5ml vanilla essence
500g strawberries, rinsed and hulled
(250g must be pureed)

Preheat oven to 220°C. Spray a large baking sheet with non-stick spray and dust with a little sifted flour. Place the boiling water, butter and lemon rind in a stainless steel saucepan and bring to the boil. Sift the dry ingredients onto a piece of waxed paper and add to the boiling water. Stir quickly until the mixture forms a stiff ball and no longer sticks to the sides and bottom of the saucepan. Remove from the heat and beat for one minute. Cool for 5 minutes.

Add the eggs one by one, beating well after each addition. Spoon into a forcing bag with a large nozzle. Pipe balls of choux pastry in a circle on the prepared baking sheet. (Make puffs with the leftover pastry). Bake for 10 minutes, reduce the heat to 200°C and bake for another 20 minutes or until the pastry is well-risen and golden brown. Prick a few holes in the pastry with a testing skewer. Now slit the ring along its circumference, taking care not to cut all the way through.

Beat the cream and sugar together until stiff. Add the vanilla essence and strawberry puree. Blend well. Pipe into the slit in the choux ring and fill the separate puffs with the filling. Decorate the ring with the remaining whole strawberries and serve immediately.

STRAWBERRY SHORTCAKE

3 cups flour
1 egg, well beaten
3¼ teaspoons baking powder
2/3 cup milk
2/3 cup sugar
3 punnets strawberries
1¼ teaspoons salt
½ cup margarine
whipped cream

Sift flour, baking powder, sugar and salt into a bowl. Cut in the margarine and egg and enough milk to make a soft dough, mixing with a fork. Knead lightly for about 20 turns on a floured board. Divide the dough into 3 equal pieces. Pat out each piece of dough into a round cake pan – well-greased and lined with baking paper. Bake the three cakes at 220°C for 15 minutes. Leave in tins for 5 minutes after removing from the oven, and then turn out onto cooling racks. Whip the cream with some sugar. Slice the strawberries. Place one cake round onto a serving plate, top it with cream and strawberries. Place another cake round on top of that and continue the layers, finishing with strawberries. Serve.

BECKY'S STREUSEL CAKE

(Caron Kruger)

½ cup sugar
½ cup butter
1 egg
1½ cups flour
½ cup milk
2 teaspoons baking powder

Streusel mixture:

¼ cup melted butter
½ cup brown sugar
2 Tablespoons flour
2 teaspoons cinnamon
1 cup chopped pecan nuts

Make the cake mixture by creaming together the sugar, butter and egg. Add flour alternately with the milk and baking powder. Mix to a smooth dough.

Make the streusel mixture by melting together the butter, brown sugar, flour, cinnamon and chopped pecans.

Put half of the dough into a 9" greased dish or cake tin. Sprinkle with half the streusel mixture. Place the balance of the dough on top of the streusel layer and complete with the balance of the streusel.

Bake at 180°C for 25 to 30 minutes. Remove from cake tin when cold, or serve from dish.

SWISS ROLL

(Tracy Terespolsky)

4 eggs
10ml lemon juice
200ml sugar
250ml flour
6ml baking powder
2ml salt

Prepare baking sheet with baking paper. Beat eggs until light and lemon coloured. Gradually add the sugar and continue beating. Add lemon juice and beat until all the sugar has dissolved. Sift the dry ingredients gradually over the mixture and gently fold in so as not to press out the incorporated air. Pour the batter into the greased baking sheet and level it. Bake at 200°C for 10 to 15 minutes. Turn out onto tin foil. Remove the baking paper quickly and roll the Swiss Roll in the tin foil. When cool, unroll and fill with whipped cream and strawberries/cherries, or with jam. Sprinkle with icing sugar before serving or top with whipped cream and decorate with strawberries or cherries.

Variation: For a different dessert, fill the cooled Swiss Roll with slightly softened vanilla or chocolate ice cream. Roll up, cover in foil to prevent drying out, and place in the freezer until ready to serve.

TIPSY TART (BRANDY TART)

1 cup chopped dates
¾ cups water
1 teaspoon bicarbonate of soda
2 Tablespoons butter or margarine
1 cup sugar
1 beaten egg
2 teaspoons baking powder
1½ cups flour

Syrup:

1 cup sugar
¾ cup water
1 Tablespoon butter or margarine
1 teaspoon vanilla
¼ cup brandy

Boil together the dates, water and bicarbonate of soda. Cream the butter and sugar. Add the beaten egg. Sift together the baking powder with the flour. Add to the sugar and egg mixture. Stir in the date mixture. Divide into 2 greased ovenproof dishes (approximately 18cm diameter). Bake at 180°C for 20 to 30 minutes.

Prepare the syrup topping: Boil the sugar and water for 5 minutes. Stir in the butter, vanilla and brandy.

Prick the tart all over as it comes out of the oven. Spoon the hot syrup over the warm pie. Serve with whipped cream.

TOP DECK TOPPED POPPY SEED CAKE

3 eggs
1½ cups sugar
½ cup oil
50g poppy seed
100g coconut
1 cup self-raising flour
250ml plain yoghurt

Topping:

200g white chocolate
6 Tablespoons milk
8 Tablespoons icing sugar
3 teaspoons butter or margarine
grated Top Deck for decoration

Beat eggs well. Add sugar and beat until light and fluffy. Add oil, poppy seed, coconut, self-raising flour and yoghurt. Beat all together and pour into greased pie dish. Bake at 180°C for 40 to 45 minutes. 30 minutes before the cake is ready, place the white chocolate, the milk and the icing sugar into a double boiler and stir until melted. Remove from the stove and add the margarine and vanilla. 15 minutes after the cake is removed from the oven, pour half the chocolate mixture over, the remainder when the cake is cool. Grate Top Deck over the top of the cake.

VANILLA CHIFFON

2 cups flour
3 teaspoons baking powder
1½ cups sugar
pinch salt
½ cup oil
¾ cup water
7 eggs, separated
1 teaspoon vanilla

Sift all dry ingredients together. Add remaining ingredients except egg whites and beat well for 3 minutes. Beat egg whites until stiff. Fold the egg whites into the egg yolk mixture. Bake in an un-greased chiffon tin at 180°C for 50 to 60 minutes. When cool and out of tin, sift icing sugar over the top.

VERY IMPRESSIVE LEMON MERINGUE

(Debbie Weinstein)

18 Marie biscuits, crushed
100g margarine or butter, melted
1 tin condensed milk
2 egg yolks
juice of 6 lemons (180 to 200ml)
pinch salt
2 egg whites
¼ cup sugar

Crush the Marie biscuits and combine with the melted margarine or butter. Place into a greased oven dish. Combine the condensed milk with the egg yolks, lemon juice and salt, and pour onto the biscuit crust. Whisk the egg whites. Whisk the sugar into the stiffly beaten egg whites. Spoon the meringue over the lemon mixture to cover entirely. Make peaks. Bake at 165°C for about 15 minutes, or until the peaks have browned.

YOGHURT CAKE

150g butter or margarine
1 cup sugar
1½ cups self-raising flour
1 egg
1½ cups yoghurt (granadilla)
2 heaped Tablespoons cinnamon

Melt the butter. Remove from the heat. Add the sugar and self-raising flour. Take two tablespoons of this dough out of the bowl and set aside. To the balance of the mixture add the egg, the yoghurt and the cinnamon. Place mixture in a greased pie dish. Crumble the reserved two tablespoons of dough over the yoghurt cake mixture. Bake at 180°C for ½ hr.

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BAR ONE CAKE

(Ava Freidus)

¾ cup (200g) butter or margarine
½ cup cocoa
1 teaspoon coffee
1 cup water
2 eggs
2 teaspoons vanilla essence
¼ teaspoon salt
1¾ cups self raising flour
¾ cup cream
1 1/3 cup sugar

Topping:

2 x 65g Bar Ones
40g milk chocolate
½ cup cream
1 teaspoon butter or margarine

Melt the margarine, cocoa, coffee and water. Do not boil. While heating the cocoa mixture, beat the eggs and sugar until fluffy. Add the vanilla, salt, self- raising flour and cream. Beat. Gradually add and beat in the hot cocoa mixture. Pour the batter into a greased dish. Bake at 180°C for 40 to 60 minutes – cake should not be too dry. Fifteen minutes before the cake is ready, melt the topping ingredients in a double boiler (or in the microwave oven). Mix the chocolate topping until it is smooth. When the cake comes out of the oven, prick it with a toothpick and immediately pour the topping over the cake.

BELGIAN CHOCOLATE CAKE

2 packets Marie biscuits
2 packets finger biscuits
250g butter
½ cup sugar
4 eggs
6 Tablespoons cocoa
8 teaspoons vanilla essence
250g milk chocolate
200g white chocolate

Break biscuits into pieces. Melt the butter & the sugar. Cool slightly. Beat the eggs and add. Stir in the cocoa and vanilla essence. Cover all the biscuits with the mixture and mix with a spoon. Put the mixture into a spring-form tin and press flat. Place in fridge overnight. Next day, melt 250g milk chocolate and pour over the cake. Then melt the 200g white chocolate and pour over. Set in the fridge. Remove from tin before serving.

CHOCOLATE AND ALMOND TORTE - PAREV

150g dark or cooking chocolate, grated
5 Tablespoons water
150g sugar
150g ground almonds
6 eggs, separated
2 Tablespoons fresh white breadcrumbs

Melt chocolate and water. Add sugar and stir over low heat until well-blended. Add the almonds and stir for 2 more minutes. Remove from the stove and allow to cool, stirring occasionally. Beat egg yolks until creamy. When almond mixture is cold, beat in egg yolks. Fold in whisked egg whites and breadcrumbs. Put mixture into a lined 20cm diameter cake pan and bake at 170°C for 1½ hours or until done. To test, insert a thin skewer into centre of cake. If skewer is dry when removed, the cake is done. If it is moist, leave in oven for a few minutes more. Cool, in pan, before turning out on to a cooling rack. Dust with icing sugar and serve with cream.

CHOCOLATE CREAM TART

Crust:

75ml butter
200g Nuttikrust biscuits, crumbed
75g pecan nuts, chopped finely

Filling:

175g dark chocolate, chopped
½ cup chilled cream
250g smooth plain cottage cheese
1 and ½ teaspoons strong coffee
dissolved in 1 Tablespoon lukewarm
water
¼ cup icing sugar

Icing:

25g dark chocolate, chopped
250g smooth plain cottage cheese
175ml plain yoghurt

Crust: Mix the melted butter with the biscuits and nuts and press firmly into base of a pie dish.

Filling: Mix together the cream, cheese, coffee mixture, icing sugar and chocolate. Pour onto the crust.

Icing: Mix together the cheese, yoghurt and chocolate. Spread over the filling and decorate as required.

CHOCOLATE CHIFFON – PAREV OR DAIRY

(Ariela Propheta)

5 eggs
1 cup sugar
½ cup milk/wine/water/orange juice
¾ cup oil
2 teaspoons vanilla essence
1 cup flour
1½ teaspoons baking powder
2 to 4 Tablespoons cocoa powder

Whisk egg whites and sugar until stiff. Mix egg yolks with orange juice/water/wine/milk, oil, vanilla, flour, baking powder and cocoa powder. Add the yolk mixture to the stiffly beaten egg whites. Bake at 180°C for 45 minutes.

CHOCOLATE OIL CAKE - PAREV

2½ cups flour
1½ cups sugar
3 Tablespoons cocoa
3 teaspoons baking powder
pinch salt
4 jumbo eggs
½ cup oil
3 cups boiling water

Icing:

3 Tablespoons butter
2½ cups icing sugar
3 Tablespoons cocoa
1 egg
lemon juice

Combine the flour, sugar, cocoa, baking powder and salt. Add 4 egg yolks, oil and boiling water. Mix well by hand. Beat 4 egg whites until stiff. Fold the egg whites into the chocolate mixture. Bake at 180°C for 45 minutes.

Mix icing ingredients together, and ice cake when cool.

CHOCOLATE SANDWICH CAKE - PAREV

4 eggs
1 cup sugar
1½ cups flour
4 Tablespoons cocoa
3 teaspoons baking powder
¼ teaspoon salt
½ cup boiling water
½ cup oil

Chocolate icing:

1½ cups icing sugar
65g margarine
6 teaspoons cocoa
warm water to mix

Beat eggs and sugar until light and fluffy. Sift the dry ingredients. Combine boiling water and oil in a jug. Gently fold in the sifted dry ingredients and water and oil mixture using a large wooden spoon. Divide the mixture between two greased 20cm (8") sandwich pans and bake at 180°C for 20 to 25 minutes. Allow to cool before icing. Cream all icing ingredients together, adding enough water to make a spreading consistency. Use some of the icing as a filling, then ice top and sides of cake and decorate with chocolate.

CHOCOLATE SPONGE

(Perle Greenberg)

300ml cake flour
10ml baking powder
10ml cinnamon
2ml salt
4 extra large eggs
250ml castor sugar
125ml boiling water
75ml cocoa
125ml oil
5ml vanilla essence

Sift dry ingredients together 3 times. Beat egg and sugar until light and creamy. Combine boiling water, cocoa, oil and essence in a jug. Gently fold the sifted dry ingredients and the oil mixture into the egg mixture using a large metal spoon. Pour into two well-greased 20cm cake tins. Bake at 180°C for 20 to 25 minutes. Allow to cool before icing.

CRAIG'S KAHLUA CHOCOLATE CAKE

7 eggs
1½ cups sugar
1½ cups oil
1½ cups milk
2 teaspoons baking powder
13 teaspoons cocoa
1 cup self-raising flour
1½ cups flour

Kahlua chocolate sauce:

100g dark chocolate
¼ Tablespoon Kahlua

Beat the egg whites until stiff. Beat together the egg yolks and sugar until pale in colour. Add oil and milk. Then add the cocoa, self-raising flour, flour and baking powder. Fold the yolk mixture into the egg white mixture. Bake in a 24cm round cake pan at 180°C for about 1 hour.

Melt the chocolate in a double boiler or in the microwave. Add the Kahlua. Pour the chocolate sauce over the cooled cake.

EASY CHOCOLATE CAKE

(Shelley Tobias)

5 extra large eggs
1¼ cups sugar
1¾ cups self-raising flour
¼ cup cocoa
½ teaspoon baking powder
½ cup oil
½ cup boiling water

ISRAELI PAREV CHOCOLATE CAKE

1½ cups sugar
½ cup water
200g parev margarine
4 Tablespoons sifted cocoa
4 egg yolks
1 teaspoon vanilla essence
1 cup flour
1 teaspoon baking powder
4 egg whites

Beat the eggs, add the sugar and beat until creamy. Fold in the dry ingredients. Then add the oil and water together. Beat again. Pour into a greased baking tin and bake at 180°C for 20 minutes.

Boil sugar with water. Stir well until dissolved. Remove pot from stove. Add margarine and cocoa. Then add the egg yolks and vanilla. Mix together with a wooden spoon. Pour ¾ cup of the above mixture into a cup and set aside. (This mixture that has been set aside will be the icing). To remaining mixture add the flour and baking powder. Beat the egg whites and fold into the mixture. Bake in a greased pyrex dish at 180°C for 30 minutes. When cold spread reserved mixture over the cake and decorate.

MA SHEILA'S CHOCOLATE CAKE

125g butter
1½ cups flour
1½ Tablespoons cocoa
1 cup sugar
3 eggs
2 teaspoons baking powder
pinch of salt
¼ cup hot water
¼ cup cold water
1 teaspoon vanilla essence

Sift together the flour, baking powder and salt. Put cocoa into a cup and add the hot water. Mix well. Cream the butter and sugar, add well beaten eggs. Add the flour to the butter mixture and mix. Add the cocoa and mix. Then add the cold water and mix. Pour into two greased sandwich tins. Bake for 20 to 25 minutes at 180°C.

PAREV CHOCOLATE CAKE

(Megan Asoulin)

1¼ cups flour
1 cup castor sugar
2½ teaspoons baking powder
4 eggs
½ cup oil
½ cup boiling water
2 Tablespoons cocoa
1 teaspoon cinnamon

Sift dry ingredients. Dissolve cocoa in boiling water and add oil. Separate the eggs. Add the yolks to the cocoa mixture. Beat the whites until stiff. Add the cocoa mixture to the dry ingredients and mix well. Fold in the egg whites. Bake at 180°C for 20 to 25 minutes.

RUTI'S CHOCOLATE CAKE WITH INSTANT ICING

¼ cup water
150g parev cooking chocolate
¾ cup sugar
½ teaspoon coffee
4 Tablespoons cocoa
200g margarine
5 eggs, separated
1 cup self-raising flour
¼ cup sugar, extra

Melt together water, parev cooking chocolate, ¾ cup sugar, coffee and cocoa. Add the margarine and stir until the margarine has been absorbed. Allow to cool until lukewarm. Separate the eggs. To the yolks, add a few tablespoons of the chocolate mixture and stir well. Pour this mixture back into the chocolate mixture. Remove ¾ cup of chocolate mixture and set aside. To the rest of the chocolate mixture add the self-raising flour. Beat egg whites with ¼ cup sugar until soft peaks form. Fold the chocolate mixture into the egg whites. Bake at 180°C for about 40 minutes. Allow the cake to settle for 5 minutes, then pour over the ¾ cup of reserved chocolate mixture. Decorate if desired.

TOPDECK TOPPED CHOCOLATE CAKE

250g butter
1 cup water
½ cup cocoa
2 cups flour
pinch salt
2 cups sugar
½ cup buttermilk
2 eggs
1 teaspoon bicarbonate of soda
1 teaspoon vanilla

Topping:

250ml cream
100g chocolate
grated Topdeck for decoration

Melt butter, water and cocoa. Sift flour, salt and sugar. Pour cocoa mixture into flour mixture. Add buttermilk, eggs, bicarbonate of soda and vanilla. Pour into greased dish and bake at 180°C for 50 minutes. Melt chocolate and cream together and pour over the cooled cake. Decorate with grated Topdeck.

WET CHOCOLATE CAKE - PAREV

(Linda Levy)

350g self-raising flour

$\frac{3}{4}$ cup cocoa

1½ cups sugar

pinch of salt

1 cup oil

2 teaspoons vinegar

2 teaspoons vanilla

2 eggs

2 cups water

Icing:

2 Tablespoons parev margarine

2 dessertspoons cocoa

1½ cups icing sugar

1 unbeaten egg white

Sift together the self-raising flour, cocoa, sugar and salt. Make a large well and 2 smaller wells in the dry ingredients. Into the big well pour the oil, pour vinegar into the second well, and vanilla into the third well. Beat well. Add eggs and water and mix very well until smooth. Put into a greased ovenproof dish and bake at 180°C for approximately 40 minutes.

Make icing by melting margarine with cocoa. Stir until blended. Blend the icing sugar with the unbeaten egg white. Add to the margarine/cocoa mixture and stir over low heat until blended. Ice cake when cooled.

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AUNTIE EVE'S CHEESE CAKE

(Eve Gruzd)

1 packet Marie biscuits
125g butter or margarine
750g smooth cream cheese
1 cup sugar
250ml fresh cream
1 dessertspoon custard powder
1 dessertspoon flour
3 eggs
1 teaspoon vanilla

Beat eggs and sugar until white and thick. Add cream cheese and vanilla and cream. Lastly add flour and custard powder. Keep beating until well blended. Crush the biscuits and mix with the melted butter or margarine. Line an ovenproof dish with the biscuit mixture. Pour in the cheese cake mixture. Bake at 180°C for 20 minutes. Turn off oven and leave for a further 15 minutes.

YESHIVA COLLEGE NURSERY PTA'S SHAVUOT CHEESE CAKE

Base

1 pkt Marie biscuits
125ml melted margarine

Filling

250g cream cheese
2 Tablespoons lemon juice
60ml condensed milk
30ml castor sugar

Topping

1 tin youngberries/cherries
1 Tablespoon Maizena

Crush Marie biscuits and mix with melted margarine. Press biscuit mixture into base of a greased pie dish. Mix cream cheese and condensed milk. Add the lemon juice and castor sugar and mix well. Pour the cheese mixture over the biscuit base. Place the tart in the fridge to set for about an hour or two. Drain the syrup off the tinned fruit. Mix the Maizena with a little of the syrup to make a runny paste. Place the rest of the syrup in a pan and add the Maizena mixture. Stir the mixture over a medium heat until it thickens slightly. Stir in the youngberries/cherries and allow to cool. Place the youngberry/cherry topping over the cheese cake and allow to set.

PECAN NUT CHEESE CAKE

(Leigh Goldin)

Base:

10 Cream Crackers
1 pkt pecan nuts (100g)
4 Tablespoons melted butter

Filling:

4 tubs cream cheese
1 ½ cups sour cream
4 eggs
1½ cups sugar

¼ cup flour

Topping:

1 pkt pecan nuts
1 cup sugar

Mix ingredients for the base in processor, put into a spring form tin and bake at 180°C for 10 minutes. Beat all filling ingredients together. Pour into crust and bake at 180°C for 45-60 minutes or until the centre moves only slightly. Prepare the topping: Boil sugar and nuts on stove until brown. Turn out and allow to harden. Break up and sprinkle onto cake.

CHEESE CAKE

(Vee Michalow)

Base

½ pkt crushed Marie biscuits
125g melted butter

2 x tubs cream cheese
125ml cream
¾ cup sugar
pinch salt
1 Tablespoon flour
1 Tablespoon lemon juice
1 teaspoon vanilla essence
2 eggs – separated

Mix biscuits and butter together and press into a dish or spring form tin. Beat whites of egg until stiff. Mix the rest of the ingredients together. Fold egg whites into cheese mixture. Pour the cheese mixture into the base. Cook for 10 minutes at 180°C. Take cake out of oven and leave to cool.

TRIANGULAR CHEESE CAKE

1 large carton cream cheese
125g margarine
80g sugar
5ml vanilla essence
24 Tennis biscuits
cherries
1 egg
cream to decorate
chocolate to decorate

Cream margarine and sugar together. Add egg, vanilla and cream cheese. Beat gently. Place 12 biscuits on a piece of tinfoil (4 x 3 biscuits) and spread one-third of the mixture on top. Place 12 more biscuits on top and spread remaining mixture over biscuits. Place a row of cherries down the centre. Fold the two outer rows of biscuits up to form a triangle. Place in freezer. Before serving, remove from freezer, coat with whipped cream and grated chocolate.

MARIE BISCUIT CHEESE CAKE

Base

¾ pkt Marie biscuits - crushed
approx. 2oz butter

Filling

½ lb (250g) cream cheese
½ cup sugar
rounded Tablespoon flour
1 egg
grated lemon rind
pinch cinnamon
1 tin Carnation Milk

Mix biscuits with butter and press into a pie dish. Leave some crumbs for the top of the cake.

Mix cream cheese and sugar well together. Add the flour and egg yolk. Gradually add unsweetened Carnation Milk. Beat egg white well and add to the cheese mixture together with a little grated lemon rind and a pinch of cinnamon. Bake at 300°F for 30 minutes.

BON APPETIT FROM JONATHAN AND TRACY TERESPOLSKY AND FAMILY

ADDITIONAL BAKED CHEESE CAKE

Pastry

60g butter
60g sugar
1 egg yolk
1 cup flour
1 teaspoon baking power

Filling

2 teaspoons custard powder
1 egg – beaten
3 tubs creamed cottage cheese
5 Tablespoons castor sugar
Lemon juice
Vanilla essence

AVA'S CHEESE CAKE

(Ava Freidus)

1 pkt Marie biscuits - crushed finely
1/4lb (125g) butter
2 tubs cream cheese
¾ cup sugar
lemon juice
1 Tablespoon custard powder
3 eggs
1 egg yolk
250ml cream

BAKED CHEESE CAKE

(Fiona Minsker)

200g Marie biscuit crumbs
125g butter
500g cream cheese
125ml cream
3 eggs
200ml sugar
5ml vanilla essence

MOM'S CHEESE CAKE

(Belinda Jacobson)

1 pkt finger biscuits
2 tubs cream cheese
1 pkt lemon jelly dissolved in
1 cup boiling water
3 eggs – separated
¼ cup castor sugar
¼ cup chopped glace cherries
125ml cream

Melt butter and beat well with sugar. Add egg yolk and beat well. Sift in flour and baking powder. Pat into an ovenproof dish.

Mix custard powder with beaten egg. Add cottage cheese and castor sugar. Add lemon juice and vanilla essence to taste. Fold in beaten egg white remaining from egg yolk used in pastry. Beat all together and pour into pastry case. Pat down. Bake at 180°C for 30/40 minutes. Switch off oven and leave to set for a further 5-10 minutes with oven door open. This mixture can be doubled or trebled.

Melt butter, add crushed Marie biscuits. Press base into an ovenproof dish.

Beat cream slightly. Add rest of ingredients. Beat (not vigorously). Pour filling into base. Bake at 180°C for 30-40 minutes. (Cake will still be wobbly) Leave in fridge until set.

Mix the biscuit crumbs and butter. Press against the sides and bottom of a dish. Mix cream cheese, cream, eggs, sugar and vanilla essence. Scoop the mixture into the crust. Bake for 60 minutes at 160°C and let cake cool down in oven.

Add beaten egg yolks to warm jelly and beat well. Add above to cream cheese. Add sugar and cream. Fold in cherries and stiffly beaten egg whites. Place biscuits at bottom of dish. Pour mixture over. Crumb a few biscuits on top.

CINDY'S CHEESE CAKE

(Shelley Tobias)

Crust

1 pkt Tennis biscuits – crushed
100g butter – melted
3 Tablespoons sugar
Cream Cheese Mixture
3 tubs cream cheese
250ml cream
2 extra-large eggs
½ cup sugar

Mix crust ingredients together. Cover base and sides of a dish with this pastry and place in fridge until needed.

Beat eggs very well. Add sugar, cream and cream cheese, beating constantly until light and fluffy. Fill pastry case and bake at 180°C for 25 minutes. Switch off oven and leave cake in until cold.

STRAWBERRY CHEESE CAKE

Base

125ml finger biscuits – crushed
100g ground almonds
100ml melted margarine

Filling

500g smooth cottage cheese
100ml castor sugar
5ml vanilla essence
3 large eggs
20ml flour
strawberries
40ml strawberry jam
10ml water
pinch salt
250ml Orley Whip – lightly whipped

Mix ingredients for the base together and press into a greased spring form tin. Put in fridge until needed.

Beat eggs, sugar, flour, cream cheese, vanilla essence and salt. Add beaten Orley Whip. Pour into crust and bake at 150°C for 1 hour. When ice cold arrange strawberries. Make a glaze by boiling together strawberry jam and water. Pour slightly cooled glaze over the strawberries. Turn out when cold and set.

CREAM CHEESE CAKE

(Perle Greenberg)

1 pkt Tennis or Ginger biscuits
1 pkt lemon Instant Pudding
250g cream cheese
250ml natural yoghurt
250ml cream
100g margarine

Melt margarine and add to finely crushed biscuits and press into a dish. Beat cream until thick. Fold natural yoghurt and cream cheese into the cream. Add Instant Pudding powder to the mixture. Pour the mixture into the biscuit base. Refrigerate for 2 hours. **DO NOT MIX THE INSTANT PUDDING WITH ANY LIQUID.**

CHEESE CAKE DELUXE

(Dana Saus)

Crust

1 pkt Tennis biscuits
¼ lb melted butter
½ cup sugar

Filling

3 x 250g tubs full-cream cream cheese
¼ cup flour
4 eggs
1 cup sugar
pinch salt
2 teaspoons vanilla essence
2 Tablespoons lemon juice
250ml cream

Topping

250ml sour cream
125ml thick cream
3 Tablespoons castor sugar
3 teaspoons vanilla essence
pinch salt

TWICE BAKED CHEESE CAKE

(Tracy Terespolsky)

1 packet Marie biscuits
125g melted margarine
1 cup sugar
2 cartons (500g) smooth cream cheese
3 eggs
2 cartons sour cream
¼ cup sugar

Topping(optional)

1 tin cherries
1 Tablespoon custard powder or maizena

Crush Tennis biscuits. Mix with melted butter and sugar. Spread over sides and bottom of 10" spring form tin. Bake at 180°C until brown. (If the crust falls, take a spatula and spread up sides again). Mix cream cheese and flour. Beat eggs with sugar and add to cream cheese mixture. Add lemon juice, vanilla essence, cream and salt. Beat well and pour into prepared base. Turn oven down to 300°F and bake for 1 hour. Turn oven off and leave the cake in the oven for another hour. Refrigerate and when cool spread with topping, decorate and serve.

Crush biscuits and mix with melted margarine. Press onto bottom of dish. Beat cream cheese with 1 cup sugar. Add eggs one at a time. Pour over biscuit base and bake at 180°C for 25 minutes. Mix sour cream with ¼ cup sugar. When base comes out of oven, leave it to stand for at least 10 minutes. Turn the oven down to 150°C. When the base layer has cooled slightly, place cream mixture over the cake and bake for 10 minutes. Remove from oven, and when cold place in the fridge.

Topping: Drain the syrup off the tinned fruit. Mix the maizena with a little of the syrup to make a runny paste. Place the rest of the syrup in a pan and add the maizena mixture. Stir the mixture over a medium heat until it thickens slightly. Stir in the cherries and allow to cool. Place the cherry topping over the cheese cake and allow to set.



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ALMOND BISCUITS

(Devora Dollefeld)

9oz flour
8oz butter
4oz ground almonds (very fine)
4oz sugar

Mix all the ingredients on a baking board or dish until a smooth dough is formed. Shape the dough into a large roll and cut into small slices to form into crescents. Grease a baking pan and sprinkle a little flour onto the pan. Bake the crescents in a 300°/350°F oven for 15 minutes until slightly brown. While warm toss the crescents in icing sugar and allow to cool on a cake cooler.

ALMOND TART

(Stella Mozessohn)

Pastry

1 cup flour
2 teaspoons sugar
½ teaspoon baking powder
2oz butter
1 egg
apricot jam

Filling

3oz butter
1 Tablespoon milk
1 teaspoon vanilla essence
4 Tablespoons sugar
100g flaked almonds

Pastry

Mix all the above ingredients to form a dough. Flatten the mixture onto a greased baking tray and cover with apricot jam.

Filling

Boil all the ingredients together until thickened slightly. Pour onto the pastry and bake at 375°F for 25 minutes.

AMERICAN BROWNIES

6oz butter
2 cups sugar
4oz melted chocolate
4 beaten eggs
1 cup chopped pecan nuts
1 cup flour
½ teaspoon salt
1 teaspoon vanilla essence

In a bowl blend butter and sugar. Combine butter mixture with all other ingredients. Mix well. Pour mixture into a greased square-baking pan. Bake at 350°F for 20-25 minutes. Use a toothpick to test for done-ness. Remove pan to a rack. Cut cake into squares. Let stand to cool. Yields 20.

ANZAC BISCUITS

1 cup oats
1 cup flour
1 cup sugar
¾ cup coconut
125g margarine
2 Tablespoons syrup
½ teaspoon bicarbonate of soda
1 Tablespoon boiling water

Melt 125g margarine and syrup. Add bicarbonate of soda and boiling water. Add to dry ingredients and mix together. Form into balls, flatten with hand, and bake at 200°C for approximately 10 minutes. (Do not put too many biscuits onto a tray as they spread). Take off baking trays while hot and allow to cool on a cooling rack.

RICH APRICOT TARTLETS

400g ready made puff pastry (thawed but still cold)
flour for dusting
100g smooth apricot jam
280g sugar
1 teaspoon vanilla essence
3 teaspoons finely grated lemon peel
pinch of salt
280g butter
4 eggs
60g cake flour
80g icing sugar

Roll out puff pastry on a lightly floured surface and stretch to 36 x 25cm in size. Place 12 individual small moulds on a baking sheet, slightly apart from one another. Lay puff pastry lightly over moulds and leave for 10-15 minutes to allow pastry to sag into the moulds. Using a ball of crumpled absorbent kitchen paper, press pastry into each mould. Make sure that there are no air bubbles at the sides. Use a rolling pin to press down pastry at the edges of the moulds and cut away the excess pastry. Pipe apricot jam around the circumference of the base of each mould, using an icing bag.

Melt butter over medium heat. Place sugar, vanilla essence, lemon peel and salt in a mixing bowl and add hot butter. Whisk until sugar has almost dissolved. Whisk in eggs, one at a time, until mixture is well blended. (Don't use an egg beater as mixture will become too foamy). Whisk flour into mixture. Spoon mixture into the pastry cases to level with the top. (Don't heap it in the centre or it will cook over). Sift icing sugar and sprinkle half over tartlets. Bake at 200°C for 20-25 minutes or until well risen and golden. Cool on a wire rack and sprinkle remaining icing sugar on top.

Note: If you don't have small individual moulds use a patty pan tray instead or make 1 large tart using a 20cm flan or tart dish.

BAGEL BISCUITS

(Ruth Kinkel)

3 eggs
¾ cup sugar
½ cup oil
rind of orange (optional)
approx. ¾ cup self-raising flour

Beat eggs and sugar very well. Add oil and beat again. (Add rind of orange, if desired). Add self-raising flour – enough to make a soft dough. Form into bagel shapes. Dip one side into sugar. Bake at 400°F until slightly brown.

BAR ONE BISCUITS

4 x 65g Bar Ones broken into pieces
200g butter
4 Tablespoons syrup
5-6 mugs Rice Krispies
100g milk chocolate slab

Melt the Bar Ones, butter and syrup on low heat stirring constantly until mixture is smooth. Stir in Rice Krispies. Press mixture into a greased Lammington tin (19cm x 29cm) or glass dish and refrigerate. Melt slab of chocolate and spread over base. Allow to set and cut into fingers or squares.

BRANDY SNAPS

2oz butter
2 Tablespoons syrup
1 teaspoon ginger
grated lemon rind
3 ½ Tablespoons castor sugar
4 Tablespoons flour
5 teaspoons brandy

Put all ingredients into a pot and melt, stirring constantly. Do not boil. Remove pot from stove. Put ½ teaspoonfuls onto a very well greased pan leaving space between each spoonful. Bake at 350°F for approx. 20 minutes. Curl into cones before too cold.

LANGUES DE CHAT (CAT'S TONGUES)

Classic French biscuit to serve with coffee or can be accompaniment to dessert

60g butter
½ cup castor sugar
2 egg whites – lightly beaten
1/3 cup flour

Beat butter and sugar in a small bowl with an electric mixer until smooth. Stir in egg whites and sifted flour. Spoon mixture into a piping bag fitted with 5mm plain tube. Pipe 8cm long strips (making them slightly wider at each end) on greased oven trays; allow about 6 per tray. Tap tray firmly on bench to spread mixture slightly. Bake in hot oven for about 4 minutes or until edges are lightly browned. Cool on wire racks. Makes about 24.

CHOCOLATE BROWNIES

(Julie Shill)

1 cup oil
4 eggs
1 teaspoon vanilla essence
1 Tablespoon syrup
2 cups sugar
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
¾ cup cocoa

Mix all ingredients together and put into a greased and floured baking tray. Bake at 180°C for 20 minutes.

SHARIN'S CHOCOLATE CHIP COOKIES

(Sharin Nathan)

1 ¼ cups flour
½ cup packed brown sugar
½ cup softened butter
½ teaspoon baking powder
½ teaspoon salt
¼ cup sugar
1 egg
1 teaspoon vanilla essence
Approx. ¾ cup chocolate chips

Beat all the ingredients except chocolate chips together in a food processor at medium speed. Mix in the chocolate chips with a spoon. Roll into small balls. Bake at 190°C for 10 minutes. Makes approx. 25 biscuits.

CHOCOLATE CHIP COOKIES

250g butter
½ cup white sugar
¾ cup brown sugar
pinch of salt
2 eggs
2 cups flour
1 teaspoon bicarbonate of soda
350g chocolate – coarsely chopped
1 cup walnuts – coarsely chopped

Cream butter and sugars until light and fluffy. Add vanilla and salt. Add eggs, then flour and bicarbonate of soda. Stir in chocolate and nuts. Drop spoonfuls of batter onto ungreased baking tray. Bake at 190°C for 8-10 minutes.

DELECTABLE CHOCOLATE CHIP COOKIES

(Lynne Levison)

1 cup margarine
¾ cup white sugar
¾ cup brown sugar
1 teaspoon vanilla essence
2 eggs
1 ½ cups flour
1 teaspoon baking powder
¾ packet chocolate chips

Cream margarine and sugars. Add vanilla essence and eggs one at a time. Mix well. Combine flour and baking powder and add to mixture. Mix until dough is formed. Add chocolate chips until evenly distributed in dough. Drop teaspoonfuls onto baking tray leaving approx. 2cm between each. Bake at 180°C for 13-15 minutes until bottoms are slightly brown and top is soft. They will harden once they are out of the oven and cooling down.

CHOCOLATE MELTS

125 self-raising flour
30g cocoa powder
pinch of salt
125g butter or margarine
60g castor sugar

Preheat oven to 190°C. Grease and set aside 2 baking sheets. Sift flour, cocoa and salt. Cream butter with a wooden spoon or in a food processor gradually adding sugar. Mix until light and fluffy. Add the flour and roll mixture into 18 balls. Place far apart on the prepared baking sheet as the biscuits do spread. Using a wet fork, flatten each ball into a round. Bake for 8-10 minutes. Do not allow to discolour or they will taste bitter. Remove from the oven and leave for a few minutes. Loosen on tray and allow to firm before removing to a wire rack. Dust with icing sugar before serving.

BECKY'S CLUSTERS

(Caron Kruger)

1 cup brazil nuts in quarters
1 cup almonds in halves
1 cup seedless raisins
small tin condensed milk
2 ½ cups Rice Crispies

Mix all ingredients together and make clusters on rice paper. Place a cherry on top of each cluster. Bake at 350°F for 10 minutes.

CHOCOLATE SQUARES (NON-BAKE)

(Fiona Minsker)

2 pkts Marie biscuits
250g butter
2 Tablespoons cocoa
½ pkt nibbed almonds
4 Tablespoons syrup
¼ teaspoon almond essence
4 Tablespoons castor sugar
150g dark chocolate

Crush Marie biscuits in Magimix or blender. Melt syrup, butter, cocoa and castor sugar. Remove from stove and add almond essence. Add biscuit mixture and stir well. Press into small, greased swiss roll tin. Chill till firm. Melt dark chocolate and spread over top. Sprinkle with nibbed almonds. Allow chocolate to set in fridge. Cut into squares.

CHOCOLATE WEETBIX SLICE

(Nicky Cohen)

125g margarine
1 cup brown sugar
1 egg
1 teaspoon vanilla essence
2 Tablespoons cocoa
½ cup coconut
1 cup crushed weetbix (4-5)

Melt butter for 1 minute on high. Mix in other ingredients. Flatten on a baking sheet and cut into slices when cool.

CINNAMON BISCUITS

250g butter
1 teaspoon cinnamon
1 egg
¼ cup sugar
¾ cup coconut
1 ½ cups flour
1 teaspoon baking powder

Cream butter and sugar. Add egg and other ingredients to form a soft dough. Roll into balls and place on baking pan. Press down with a fork and bake at 220°C for 8-10 minutes. Roll in castor sugar while still hot.

COCONUT BISCUITS

4 egg whites
1 ½ cups sugar
3 cups coconut
2 Tablespoons oil

Beat egg whites until stiff. Add the sugar, oil and coconut. Steam in a double boiler for 1 hour, mixing. Put tablespoonfuls onto rice paper or shiny side of foil. Place a cherry in the centre of each. Space fairly widely apart as they spread a little. Bake at 180°C for 20 minutes.

COCONUT MACAROONS

(Stella Mozessohn)

250g coconut
200g castor sugar
2 egg whites

Beat egg whites until stiff. Gradually add coconut and sugar alternately. Form mixture into pyramids and place on greased baking tray. Bake at 200°C for approx. 8-10 minutes.

CRUNCHY COCONUT MUNCHIES

(Belinda Jacobson)

500ml sugar
10ml baking powder
2½ cups flour
5ml vanilla essence
2 eggs
500ml coconut
250g margarine
5ml salt
1 ½ teaspoons bicarbonate of soda
dissolved in a little milk
500ml oats
500ml Rice Crispies

Cream margarine and sugar. Add eggs one at a time, beating well. Add vanilla essence. Sift flour, salt and baking powder. Fold into creamed mixture. Add bicarbonate of soda and milk. Fold in coconut. Rub oats between fingertips and add. Fold in Rice Crispies. Dough should be firm. Roll into small balls the size of walnuts and place on greased baking tray. Flatten each ball slightly and place a cherry on top. Bake at 180°C for 10 minutes until golden brown.

CRISPY COOKIE MAKER BISCUITS

(Merle Rakusin)

250g butter
1 cup sugar
6 Tablespoons oil
2 eggs
4 cups flour
2½ teaspoons baking powder
1 cup desiccated coconut

Beat together butter and sugar. Add oil, 2 Tablespoons at a time and beat very well. Then add eggs. Add sifted dry ingredients. Press onto a baking sheet and bake at 180°C for 10-15 minutes.

CREAM PUFFS

1 ½ cups water
2 teaspoons sugar
2/3 cup butter
1 1/3 cup flour
4 eggs
whipped cream

In a pot combine butter, water and sugar. Bring to a boil. Remove from heat. Add flour. Blend thoroughly. Slowly beat in eggs. Continue beating for 10-15 minutes. With a tablespoon form individual puffs on greased cookie sheets. Bake at 325°F for 20 minutes. Remove sheets to a rack. Let stand to cool. Slit tops of cool puffs. Fill with whipped cream. Sprinkle icing sugar or melted chocolate on top. Serve immediately. Yields 24.

CRUMPETS

125g flour
Pinch salt
30g sugar
1 egg
1 cup milk
1 Tablespoon margarine
1 teaspoons baking powder

Sift flour and salt. Make well in centre and add sugar, well-beaten egg and half of the milk. Mix well and beat to remove lumps. Add remainder of the milk together with melted margarine. Finally add baking powder. Drop spoonfuls onto a greased pan and cook until light brown.

DELICIOUS CRUMPETS

1 egg
2 Tablespoons sugar
½ cup milk
1 cup flour
2 teaspoons baking powder
Pinch salt

Beat egg and sugar. Add milk and beat again. Mix baking powder, salt and flour and add a little at a time to the milk mixture. Mix well until smooth. If too thick add extra milk. Fry in margarine and cook until bubbles appear.

SCRUMPTIOUS CRUMPETS (DROPPED SCONES)

(Stella Mozessohn)

1 ½ cups milk
2 eggs
2 cups flour
1 teaspoon bicarbonate of soda
1 teaspoon cream of tartar
1 teaspoon salt
½ cup sugar

Beat eggs with milk. Sift together flour, bicarbonate of soda, cream of tartar, salt and sugar. Add to milk and egg mixture beating well. Drop spoonfuls onto a greased flat grid or large frying pan. Turn over when bubbling. Cook until pale brown. Serve warm with butter and syrup, honey or jam.

CRUNCHIES

(Travis Rabinowitz)

250g butter or margarine
¼ cup golden syrup
1 cup flour
2 cups sugar
2 cups Jungle Oats
1 cup coconut
1 cup comprising ½ cup bran, linseed and sunflower seeds
Sesame seeds

Mix all ingredients together and pat into a baking tray. Sprinkle with sesame seeds. Bake at 375°F for 20-30 minutes until brown. Cut while warm and remove from tin before they cool.

HONEY CRUNCHIES

3 cups oats
1 cup desiccated coconut
1 cup wholewheat flour
½ cup sunflower seeds
250g unsalted butter
1 cup raw honey
2½ cups chopped dates
sesame seeds

Combine dry ingredients in a large bowl. Melt the butter, honey and dates until the dates are soft. Mix into the dry ingredients, stirring well. Press into a buttered baking sheet and sprinkle generously with sesame seeds. Bake at 180°C for 20 minutes. Cut into squares while hot and allow to cool in the pan.

BECKY'S CHOCOLATE CRUNCHIES

(Caron Kruger)

1 cup butter
½ cup sugar
2 cups self-raising flour
2 cups coconut
1 Tablespoon cocoa
Hot Chocolate Icing
250g icing sugar
1 Tablespoon cocoa
boiling water

Cream butter and sugar. Add the rest of the ingredients. Spread onto a greased tray and bake at 180°C for 30 minutes. Remove and cover with hot chocolate icing.

Icing: Sift together icing sugar and cocoa and slowly add boiling water until icing forms a runny consistency. Spread over crunchies while still warm. Decorate with chopped peppermint crisp. Cut into squares when cold.

HEALTH BISCUITS/DIFFERENT CRUNCHIES

(Tammi Nicholls)

1 cup Rice Crispies
2 cups oats
1 cup flour
1 cup sugar
1 cup coconut
1 cup of or combination of: sunflower seeds, poppy seeds, sesame seeds, nuts, raisins, dates, chocolate chips
200g butter or margarine
1 ½ Tablespoons syrup or honey
1 teaspoon bicarbonate of soda

Boil butter and syrup. When boiling add bicarbonate of soda and mix well. Mix together dry ingredients and add to boiling mixture. Pack tightly into greased biscuit tin. Bake at 160°C for 15 minutes. Cut while warm and take out of tin when cool.

QUICK AND EASY CRUNCHIES

1 cup flour
1 cup oats
¾ cup sugar
¾ cup coconut
salt
125g butter
1 Tablespoon syrup
1 Tablespoon boiling water
1 teaspoon bicarbonate of soda

Put butter, syrup and water into a pot and bring to the boil. Add bicarbonate of soda to make a frothy mixture. Add this mixture to the dry ingredients and press mixture into a biscuit tray. Bake at 350°F for 15-20 minutes until golden brown. Cut when hot.

CUP CAKES

125g margarine
¾ cup castor sugar
2 eggs
1 teaspoon vanilla essence
1 ¾ cups flour
2 teaspoons baking powder
1/3 cup milk

Place 24 paper cookie cups on a baking sheet. Cream the margarine and sugar very well. Add eggs one at a time, beating well after each addition. Beat in vanilla essence, then fold in the sifted dry ingredients. Add milk and mix to a soft dropping consistency. Half fill the paper cookie cups with the mixture. Bake at 200°C for about 20 minutes. When cool spread with icing sugar and decorate as desired.

QUICK AND EASY CUSTARD SLICES

1 x 200g packet Cream Crackers
1 litre milk
200g (200ml) sugar
50g (60ml) butter or margarine
60g (120ml) flour
50g (100ml) maizena
10ml custard powder
2ml salt
100ml cold water
3 eggs – separated
5ml vanilla essence
250g (500ml) icing sugar – sifted
approx. 40ml boiling water

Grease a glass dish 25 x 35 x 5cm. Place 15 cream crackers in rows of 5 x 3 on the bottom of the dish, making sure that all the dividing lines face the same direction.

Heat milk in a large pot to boiling point. Add sugar and butter and stir well till dissolved and melted. Take off stove.

Mix flour, maizena, custard powder, salt and cold water to make a paste. Add egg yolks and beat well.

Beat a little of milk mixture into paste. Add paste to rest of milk mixture in pot stirring continually over low heat for approx. 5 minutes or until mixture is thick. Take off stove and stir in vanilla. Beat egg whites until soft peaks form and fold into custard.

Pour warm custard over cream crackers in dish. Cover with another 15 cream crackers in rows of 5 x 3 ensuring that the dividing lines are facing in the same direction as the bottom row of crackers. Allow to cool and refrigerate.

Mix icing sugar and boiling water to a spreadable consistency. Pour slowly over cream crackers and spread evenly. Keep refrigerated until needed. Slice cream crackers in half along dividing line. Serves 30 custard slices. Can be made parev by using parev milk.

DATE BALLS

(Cheryl Sulski)

120g butter or margarine
1 cup sugar
½ cup chopped dates
1 egg (beaten)
1 pkt Marie biscuits
desiccated coconut

Melt butter or margarine with sugar until boiling. Stir constantly. Add dates to mixture and stir well. Add beaten egg and let mixture boil. Add crushed Marie biscuits. Roll into balls while still hot and then roll in coconut. Alternatively spread the mixture onto a square baking tin or dish and sprinkle with coconut. Cut into squares when cool.

DOUGHNUTS

(Vee Michalow)

2 eggs
¾ cup sugar
1 cup milk
4 Tablespoons melted butter
6 teaspoons baking powder
4 cups flour
1 teaspoon vanilla essence
½ teaspoon salt
Oil for frying.

Beat eggs and sugar together then add milk and melted butter. Sift dry ingredients and add to liquid. Shape and fry in hot oil until golden brown.

EAT-SOME-MORES

1 cup flour
1 cup water
1 Tablespoon sugar
pinch salt
1 ½ teaspoons baking powder
oil for frying
red and green cherries
chopped nuts
preserved ginger
syrup

Mix the above ingredients together very well by hand and allow the mixture to stand for 15-20 minutes. Then add baking powder. Heat oil in a deep pot until very hot. Drop spoonfuls into oil and fry until golden brown. (The mixture will sink to the bottom of the pot and then pop up to the surface). Turn over quickly. Drain on a piece of paper. To serve: Place the eat-some-mores nicely on a platter or in a bowl in layers. Sprinkle with chopped red and green cherries, chopped nuts, preserved ginger which has been cut into pieces, syrup and syrup from the ginger. Allow to stand for approx. ½ hour before serving.

BECKY'S ENGLISH TOFFEE COOKIES

(Caron Kruger)

250g butter
1 cup sugar
1 egg – separated
2 cups flour
1 teaspoon cinnamon
1 cup chopped pecan nuts

Cream butter and sugar very well. Add egg yolk. Sift flour with cinnamon and add to creamed mixture. Spread dough in a greased Swiss Roll pan. Work with palms on a smooth surface. Beat egg white slightly and then cover dough completely with beaten egg white. Sprinkle nuts over, pressing them into the dough. Bake at 275°C for approx. 1 hour. Cut into squares while still hot. Remove from pan when cold.

FLORENTINES

2 large cups corn flakes
½ cup unsalted peanuts and raisins
1oz glace cherries
½ tin condensed milk
1 slab dark chocolate

Mix all ingredients (except chocolate). Drop spoonfuls onto greased baking tray and bake at 180°C for 5-7 minutes. Cool. Melt chocolate. Spread over smooth side of biscuits and allow to dry.

FRIDGE BISCUITS

(Vee Michalow)

1 egg
1 teaspoon vanilla essence
1 pkt Marie biscuits
125g butter
250g icing sugar
1 Tablespoon cocoa
1 Tablespoon drinking chocolate

Melt butter and take off stove. Add icing sugar and egg. Mix together and add vanilla essence, cocoa and drinking chocolate. Crush Marie biscuits into small pieces, add to chocolate mixture and mix well. Pat into tin and cut into squares.

GINGER COOKIES

2 ½ cups flour
1 cup syrup
1 teaspoon cinnamon
1 teaspoon mixed spice
2 teaspoons ginger
½ teaspoon baking powder
1 cup oil
2 eggs
2 teaspoons bicarbonate of soda
dissolved in 1 cup warm instant coffee

Mix all ingredients together and bake in cookie cups at 180°C until done.

Serve by cutting tops of cookies and cutting them in half. Put cream on cookies, place tops back in a butterfly shape and sprinkle with icing sugar.

GREEK BISCUITS

250g margarine
½ cup icing sugar
2 teaspoons water
2 teaspoons vanilla essence
2 cups flour
200g pecan nuts or almonds finely chopped

Cream butter and icing sugar. Add water, vanilla essence, flour and ground nuts. Press into small balls. Place on a greased tray and bake at 180°C for ½ hour. Roll in plain icing sugar as soon as they come out of the oven.

BECKY'S GREEK NUT BISCUITS

(Caron Kruger)

1 cup butter
2 ¼ cups flour
1 cup chopped pecan nuts
½ cup icing sugar

Cream butter and sugar very well. Add other ingredients and mix well. Roll into balls and bake at 180°C for 10-15 minutes until golden brown. Roll in icing sugar when cool.

MARIE BISCUITS

2 eggs
2 Tablespoons castor sugar
200g butter
200g baking chocolate
2pkts Marie biscuits broken in pieces

Beat eggs and sugar. Add melted butter and chocolate. Add this mixture to the Marie biscuits. Put onto a baking tray and allow to set in the fridge. Cut into squares.

HUNDREDS AND THOUSANDS BISCUITS

(Merle Rakusin)

2oz butter
1/3 cup sugar
1 egg
1 teaspoon milk
1/2 teaspoon vanilla essence
2/3 cup self-raising flour
1/2 cup flour
200g hundreds and thousands
extra milk

Cream butter, add sugar gradually and beat until light and fluffy. Add well beaten egg, vanilla and milk. Add sifted self-raising flour and mix well. Gradually mix in sifted flour until dough is firm enough to handle. Refrigerate for at least one hour. Roll out dough to 5mm thickness between two sheets of greaseproof paper. Cut with floured 5cm round cutter. Put on lightly greased baking trays. Brush with milk. Sprinkle with hundreds and thousands. Bake at 180°C for 8-10 minutes.

MERINGUES

2 egg whites
1 Tablespoon vinegar
380ml castor sugar
1 teaspoon vanilla essence
2 Tablespoons maizena
50ml boiling water

Put all ingredients into a large mixing bowl and beat for approximately 10 minutes on high speed until mixture is stiff. Put spoonfuls on baking tray. Sprinkle with hundreds and thousands. Bake at 100°C for 3 hours. (This is a quick and flop-proof recipe)

FABULOUS MERINGUES

(Barbara Solomon)

6 egg whites
2 cups sugar (can use 1 cup castor and 1 cup granulated)
pinch of salt
pinch of cream of tartar
1 teaspoon boiling water
1 teaspoon vinegar

Beat egg whites until frothy. Add salt and cream of tartar. Beat well. Add 1 cup sugar gradually beating all the time. Add boiling water. Then add 2nd cup of sugar and continue beating. Add vinegar and continue beating. Form shapes and bake on a greased sheet at 120°C for 1 hour, turn off heat and leave in the oven overnight. (Cooking bags are good for lining the tin)

EASY MERINGUES

6 egg whites
1/2 cup castor sugar
1 teaspoon lemon juice

Beat egg whites until stiff. Add sugar gradually and then lemon juice, beating continuously. Pipe mounds onto slit cooking bags and bake at 100°C for 2 hours. Turn oven off and leave overnight.

QUICK MERINGUES

3 egg whites
1 cup sugar
¼ teaspoon lemon juice
¼ teaspoon vanilla essence

Beat egg whites until stiff. Slowly add sugar and continue beating, adding ¼ cup at a time. When mixture becomes shiny and sugar is well blended, add lemon juice and vanilla essence. Put spoonfuls of mixture onto greased baking trays sprinkled with flour. Use a fork to shape into peaks. Put meringues into a pre-heated oven at 120°C, turn oven heat down to 100°C and bake for 1 hour.

MELTING MERINGUES

(Vee Michalow)

2 egg whites
125g castor sugar

Whisk egg whites until fluffy and dry. Add 2 Tablespoons of the sugar and whisk again until stiff. Lightly fold in the remaining sifted sugar. Pipe out onto baking paper. Pre-heat oven to 140°C and bake for 1 hour until crisp, dry and coffee-coloured. Cool.

MILLIONAIRE'S SHORTBREAD

200ml flour
45ml cornflour
2.5ml salt
125g butter – at room temperature
125ml castor sugar

Fudge Layer

75g butter
45ml golden syrup
1 x 397g tin condensed milk
125ml castor sugar

Chocolate Topping

200g dark chocolate

Sift flour, cornflour and salt together twice. Beat butter with an electric hand beater until light and fluffy. Add sugar gradually, beating continuously. Add the flour and work it in with your fingertips until fairly stiff dough is formed. Press dough lightly into a 29 x 20cm rectangular tin. Smooth over the top with back of a spoon. Prick with a fork and bake at 190°C for 10 minutes. Reduce temperature to 160°C and bake for a further 15 minutes. Boil all the fudge layer ingredients in a small saucepan for 5 minutes until thick and fudge-like. Spread over baked shortbread base and leave to cool and set. Melt the chocolate in the microwave oven or over warm water. Spread evenly over fudge layer. Mark into diamonds or squares before chocolate hardens. Cut once set.

MUESLI BISCUITS

(Carno Family)

250ml muesli
250ml coconut
250ml oats
150ml self-raising flour
110ml soft brown sugar
75ml sesame seeds
15ml honey
1 extra large egg – beaten
200ml butter – melted

Preheat oven to 180°C and lightly grease a few baking sheets with butter or margarine, or spray with non-stick spray.

Mix the muesli, coconut, oats, self-raising flour, brown sugar and sesame seeds together in a large mixing bowl. Add the honey, egg and melted butter and mix well. Drop teaspoonfuls of the mixture onto the baking sheets, leaving 5-7cm space between each cookie. Bake for 7-10 minutes until pale brown. Cool on the baking sheets and then transfer to a wire rack to cool completely. Store in airtight containers. Makes about 100 cookies.

MUESLI BISCUITS (PAREV)

(Maureen Sandler)

Unbelievable biscuits that make you want to eat the whole lot!

1 cup oats
1 cup muesli
1 cup coconut
¾ cup self-raising flour
½ cup brown sugar
6oz margarine
2 eggs
1 Tablespoon syrup or honey
¼ cup sesame seeds
¼ cup sunflower seeds
½ cup raisins

Add melted margarine and syrup to dry ingredients. Add eggs. Shape spoonfuls of mixture and put onto greased baking trays. Bake at 180°C for 15 minutes.

NUTRITIOUS SCHOOL BISCUITS

(Tsivia Abraham)

2 cups sunflower oil
3 cups natural brown sugar
4 eggs
6 teaspoons vanilla essence
2 teaspoons salt
2 cups brown bread flour
3 teaspoons baking powder
4 cups wheat germ
6 cups Jungle Oats
1 cup raisins
1 cup toasted sunflower seeds

Pre-heat oven to 375°F. Mix oil and sugar – beat well. Add eggs, vanilla essence and salt – continue beating well. Put the rest of the ingredients into a very large mixing bowl and stir together with a fork. Blend wet ingredients with the dry ingredients. Add up to ½ cup water or more if needed to hold the mixture together.

Shape into balls and flatten slightly. Place on greased baking trays and bake for 10-12 minutes. Yields about 12 dozen biscuits.

OATMEAL AND RICE CRISPIES BISCUITS

(Sheena Wolovitz)

250g margarine
2 cups sugar
2 eggs
2 teaspoons vanilla essence
2 cups flour
1 ½ teaspoons bicarbonate of soda
2 teaspoons baking powder
pinch of salt
2 cups oats
2 cups desiccated coconut
2 cups Rice Crisps

ORANGE CHOCOLATE SQUARES

(Agnes Demby)

½ cup butter or margarine
¾ cup sugar
2 Tablespoons cocoa
1 ½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
½ teaspoon vanilla essence
¾ cup milk
2 eggs

Orange Butter Icing

1 ½ cups icing sugar
2 Tablespoons butter or margarine
1 ½ Tablespoons orange juice

PECAN BISCUITS

(Fiona Minsker)

125g pecan nuts
60g butter
¼ cup icing sugar
1 Tablespoon vanilla essence
½ cup flour

Cream margarine and sugar. Add unbeaten eggs and vanilla essence. Add remaining ingredients. Roll into walnut size balls and flatten with a fork. Bake at 180°C for approx. 20 minutes until golden brown.

Cream together butter and sugar. Add eggs and all dry ingredients which have been sifted together. Add milk slowly. Bake in greased, lined square tin in moderate oven (180°C) for 25-30 minutes. Turn out onto a cake cooler, remove baking paper and cool. When quite cold ice with orange butter icing.

Orange Butter Icing

Cream butter, add icing sugar and mix well. Add orange juice gradually to spreading consistency.

Finely chop ¼ of the nuts and reserve the remainder. Cream butter and sifted icing sugar with vanilla essence until light and fluffy. Add the chopped nuts, stir in sifted flour in two lots. Use floured hands to roll level teaspoonfuls of mixture into balls. Place balls 2.5cm apart on lightly greased oven trays. Press a piece of pecan nut on each ball. Bake at 180°C for 10 minutes or until light and golden brown. Cool on trays. Dust with icing sugar before serving.

PEANUT BUTTER BISCUITS

(Sheena Wolovitz)

1 cup peanut butter (crunchy optional)
250g margarine
1 cup each brown and white sugar
(Or 2 cups of either)
2 eggs – well beaten
2 teaspoons vanilla essence
2 teaspoons baking powder
1 ½ teaspoon bicarbonate of soda
4 cups flour

Mix all ingredients together. Form into walnut size balls and press down with a fork. Bake at 180°C for approx. 20 minutes.

PECAN CARAMEL SQUARES

(Jennifer Fearnley)

125g butter or margarine – softened
100g (125ml) sugar
1 egg yolk
125g flour – sifted
40g (60ml) self-raising flour - sifted
20g (30ml) custard powder
pinch of salt

Cream together butter and sugar until light and fluffy, add egg yolk and mix well. Sift in flours, custard powder and salt and mix to form a firm dough. Press dough into base of a greased 180mm x 280mm deep baking pan. Bake at 180°C for 15 minutes or until golden brown.

Topping

Place brown sugar, syrup and butter in a saucepan and stir over low heat until sugar has dissolved. Increase heat and allow to simmer for 5 minutes. Remove from heat, stir in nuts. Remove baking pan from oven, spread topping evenly over biscuit base. Return to oven and bake for 5 minutes more. Allow to cool and cut into squares.

Topping

100g (125ml) light brown sugar
90g butter or margarine
30g (20ml) golden syrup
100g (250ml) roasted and roughly chopped pecan nuts

PEANUT SHORTBREAD

(Sheena Wolovitz)

500g margarine
1 cup castor sugar
4 cups flour
2 large handfuls chopped peanuts

Mix all ingredients together. Flatten in a biscuit tray. Bake at 180°C for 15-20 minutes until light golden brown. Cut into squares and cool.

PITIKAS

(Gary Friedman Caterers – HOD Centre)

2½ cups flour, sifted
2½ cups cold water
1 level teaspoon bicarbonate of soda
½ cup oil

Mix all ingredients together. Roll out thinly. Cut with a round pastry cutter. Roll again to form an oval shape. Fry in hot oil until golden brown in colour. Sprinkle with your favourite nuts and honey or syrup.

CAKES

(Fiona Minsker)

2 cups flour
2 teaspoons baking powder
2 Tablespoons sugar
2 eggs
1 $\frac{3}{4}$ cups milk
 $\frac{1}{4}$ cup oil

Mix all ingredients. Add oil before frying in a non-stick pan.

RICE CRISPIES BISCUITS

125g butter or margarine
100g milk chocolate
30 marshmallows
4-5 cups Rice Crispies

Melt butter, chocolate and marshmallows in a double boiler. Add Rice Crispies. Flatten in a greased pan and allow to harden in the fridge. Cut into squares.

ROCK BUNS

2 cups self-raising flour
4 Tablespoons sugar
1/3 cup margarine
 $\frac{3}{4}$ cup fruit cake mix
1 egg
 $\frac{1}{2}$ cup milk (Nutrilev for parev)

Sift flour into bowl. Rub in margarine, add sugar and fruit cake mix. Mix the egg and milk together and add to the fruit mixture, using a fork to mix. Drop teaspoonfuls onto a greased tray and bake at 200°C for 15 minutes.

RUGALACH

(Selma Bacher)

2 cakes yeast
 $\frac{1}{2}$ cup water
1 cup margarine
4 egg yolks
1 whole egg
2 cups fruit juice
1 teaspoon salt
1 cup sugar
Approx. 10 cups flour

Put flour into a large bowl. Rub yeast into the flour. Mix in the water and leave for a few minutes. Add margarine, eggs, juice, salt and sugar. Knead well. Add flour if needed. Cover and let rise for approx. 3 hours. Shape into rugalach. (Roll out dough. Cut into triangles, fill and roll up like Sabras). Fill ruglach with cocoa/sugar or cinnamon/sugar. Place on greased tins, paint with beaten egg and let rise for a few minutes. Bake at 350°F for about 10 minutes or until golden brown. Remove from tin while hot.

RUSKS

(Sheena Wolovitz)

$\frac{1}{2}$ cup sugar
1 cup buttermilk (or milk and lemon juice, or Nutrilev and lemon juice for parev)
3 cups self-raising flour
6oz butter or margarine

Dissolve sugar in buttermilk (or substitute). Crumb self-raising flour with butter. Mix two mixtures together. Flatten into a biscuit tray. Bake at 180°C for 15-20 minutes until slightly brown. Cut into squares. Reduce heat to 100°C. Allow to dry in the oven for a few hours.

SESAME SEED CAKES

1 cup sesame seeds
 $\frac{3}{4}$ cup margarine
1 cup brown sugar
2 eggs
1 Tablespoon water
1 teaspoon vanilla essence
2 cups wholewheat flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ cup desiccated coconut

Lightly toast sesame seeds in an ungreased skillet or over a medium flame for 2-3 minutes. Beat together margarine, sugar, egg and vanilla. Add dry ingredients. Mix well. Form into balls and place on a cookie sheet. Flatten with a fork. Bake at 175°C for 10-12 minutes.

SPONGE FINGERS

(Belinda Jacobson)

2oz icing sugar
1 Tablespoon cocoa
2 pkts sponge fingers
1 cup boiling milk
1 Tablespoon cornflour
desiccated coconut
2oz butter

Mix cornflour and cocoa with a little milk. Add mixture to boiling milk. Add butter and icing sugar. Dip biscuits into lukewarm mixture and roll in coconut.

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RAISIN BRAN MUFFINS

(Vee Michalow)

½ box Raisin Bran
2 ½ cups flour
1 cup sugar
2 ½ teaspoons bicarbonate of soda
pinch of salt
½ pkt chopped dates
1 pkt chopped pecan nuts
1 carton buttermilk
½ cup oil
2 beaten eggs

Combine dry ingredients and mix well. Add the rest of the ingredients and mix again. Spoon into muffin tins and bake at 200°C for 10-15 minutes.

BRAN MUFFINS

(Perle Greenburg)

500ml digestive bran
500ml wholewheat flour
10ml bicarbonate of soda
5ml salt
125gm seedless raisins
2 eggs beaten
350ml soft brown sugar
350ml milk or water
80ml oil

Mix bran, wholewheat flour, bicarbonate of soda, salt and raisins in a large bowl. Using electric hand beater, beat eggs and brown sugar and gradually beat in oil. Pour this mixture into dry ingredients and stir in milk. Spoon mixture into greased muffin pans. Bake at 190°C for 20 minutes.

Note: This batter can be made in advance and stored in a sealed container in the fridge for about a month. Makes about 48 muffins

HEALTH COOKIES

(Stella Mozessohn)

1 ½ cups flour
¾ cups oil
2 eggs
½ teaspoon salt
2 teaspoons (rounded) baking powder
1 teaspoon (rounded) bicarbonate of soda
1 teaspoon vanilla essence
1 teaspoon cinnamon
1 cup grated carrots
1 440g tin crushed pineapple (strained)
1 cup sugar

Beat sugar/oil /eggs together. Add in rest of ingredients except carrots and pineapple. Stir well. Add carrots and pineapple. Mix thoroughly. Bake at 180°C for 20 minutes. Makes about 16 cookies

CHEESE SCONES

(Travis Rabinowitz)

1 cup flour
1 teaspoon baking powder
1 teaspoon dry mustard
½ teaspoon salt
1 cup grated cheese
¾ cup milk and water

Mix all dry ingredients. Add cheese and then milk and water. Mix into a wet mixture. Drop tablespoons of mixture into greased patty pans. Bake at 220°C for 10 minutes. Serve with butter or margarine.

QUICK CHEESE SCONES

(Caryn Berman)

2 cups flour
1 teaspoon salt
1 teaspoon dry mustard
1 large egg
37.5ml oil
3 teaspoons baking powder
1ml cayenne pepper
300/500 ml grated cheese
250ml milk

Sift dry ingredients. Add cheese. Combine milk, egg and oil and add to dry ingredients. Mix well but do not over-beat. Place in greased scone/muffin tin or in a miniature scone tin. Bake at 190°C for 10-15 minutes until light brown.

CARROT MUFFINS

(Travis Rabinowitz)

2 eggs
125ml brown sugar
200ml milk
60ml oil
250ml grated carrots
125ml raisins
125ml chopped nuts or sunflower seeds
250ml white flour
125ml wholewheat
pinch of salt
15ml baking powder
2ml cinnamon

Preheat oven to 180°C.

Beat together eggs and brown sugar. Add milk and oil, and beat to mix. Add grated carrots, raisins and chopped nuts or sunflower seeds, and mix in. Pour this mixture over the sifted white flour, wholewheat flour, salt, baking powder and cinnamon. Blend together till just combined.

Spoon into muffin tins and bake for 20-25 minutes.

Makes 12 large or 18 medium muffins.

SCONES

135g butter
3 cups flour
3 heaped teaspoons baking powder
Pinch salt
1 teaspoon sugar
2 eggs
½ cup milk
little cream

Crumb butter with sifted dry ingredients. Whip together eggs, warmed milk and cream and add to mixture. Pat out dough. Cut into shapes. Bake at 230°C for approx. 10 minutes.

JUNGLE OAT BRAN MUFFINS

2 eggs
150g oil
½ cup brown sugar
400ml wholewheat flour.
400ml white flour
handful jungle oats
handful raisins (optional)
½ teaspoon salt
1 teaspoon bicarbonate of soda
1 teaspoon baking powder
2 cups milk
2 cups bran

Mix together the eggs, oil and brown sugar. Beat well. Add the wholewheat flour, white flour, jungle oats, raisins, salt, bicarbonate of soda, baking powder, milk and bran. Mix together. Bake in muffin tins at 180° for 15 to 20 minutes.

FAT FREE MUFFINS

3 cups nuttywheat flour
500ml buttermilk
1½ cups soft brown sugar
1 teaspoon salt
1 teaspoon bicarbonate of soda
½ cup raisins or sultanas

Mix together the dry ingredients. Add the buttermilk and then spoon into muffin trays. (Makes 12 muffins). Bake at 180°C for 15-20 minutes.

CHOLESTEROL FREE MUFFINS

2 ¼ cup oat bran
¼ cup raisins
1 Tablespoon baking powder
¼ cup honey
1 ¼ cup skim milk
2 tablespoons oil

Preheat oven to 200°C. Combine bran, raisins and baking powder. Mix milk, oil and honey and add. Bake for 15 minutes.

DELICIOUS SCONES

(Stella Mozessohn)

500ml flour
15ml baking powder
25ml sugar
50g butter
50g margarine
125ml buttermilk
1 egg
125ml milk
beaten egg to glaze

Mix flour, baking powder and sugar in a bowl. Rub in the butter and margarine until the mixture looks like breadcrumbs. Combine the buttermilk and egg and mix well. Add to the flour mixture with enough milk to make a soft but not sticky dough. Turn onto a floured surface and knead lightly. Roll out to approx. 1.5cm thick and cut into shapes with a round cutter. Place on a greased baking tray and brush with a little beaten egg. Bake at 200°C for 10-15 minutes until golden brown.

EASY FRUIT MUFFINS

(Cheryl Sulski)

Can be made parev

4 medium bananas
200ml sugar
1 egg slightly beaten
80ml melted butter or margarine or oil
375ml flour
5ml baking powder
5ml bicarbonate of soda
pinch of salt
few drops caramel essence

Preheat oven to 180°C. Mash bananas. Add sugar and egg. Mix in butter and essence. Sit in dry ingredients and mix until just blended. Do not over mix! Bake in 12 muffin tins for 20 minutes until done.

Variation: (a) Replace bananas with 1 small tin pie apples mashed (b) Sprinkle with cinnamon and sugar before baking OR use 2 bananas and ½ tin pie apples mashed together.

EGG-FREE MUESLI MUFFINS

1 tablespoon olive oil
1 cup raw honey
1 cup raisins
2 cups wholewheat flour
1 cup muesli
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
½ teaspoon salt

Blend olive oil and honey together until light and fluffy (in a food processor). Soak the raisins in a cup warm water. Add the dry ingredients and pulse until well mixed. Add the raisins together with the soaking water and pulse again. Spoon onto greased muffin pans. Bake at 180°C for 25 minutes.

HEALTHY MUFFINS

(Shelley Tobias)

2 extra large eggs
1 cup soft brown sugar
½ cup oil
2 cups Nutribev (soya milk)
2 ½ cups flour
2 ½ teaspoon bicarbonate of soda
2 cups bran
1 cup raisins or cake mix
1 cup coconut

Mix flour and bicarbonate of soda together. Beat eggs till pale, and gradually add sugar. Beat well. Add oil while beating. Add Nutribev and dry ingredients alternately – mix well. Stir in bran, raisins and coconut. Spoon into muffin tins. Bake at 200°C for 15-20 minutes.

BANANA MUFFINS

4 medium ripe bananas
¾ cup sugar
1 egg, slightly beaten
1/3 cup oil
1½ cups flour
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
pinch salt

Preheat oven to 180°C. Mash bananas. Add sugar and egg. Mix in oil. Add mixture to sifted dry ingredients until it comes together. Mixture will still be lumpy. Spoon into greased muffin pans, and bake for 20 minutes.

BRAN MUFFINS WITH CINNAMON TOPPING

(Barbara Solomon)

5 cups flour
3 cups brown sugar
1 teaspoon salt
4 eggs
350g raisin bran
5 teaspoons bicarbonate of soda
1 cup oil
4 teaspoons vanilla
2 boxes buttermilk (500ml each)
chopped dates (optional)

Mix the ingredients. (You may use this immediately or leave refrigerated until ready to bake). Put in cookie tins and then add topping. Topping: Mix the following ingredients together: brown sugar, cinnamon, chopped pecan nuts or other nuts of your choice. Bake at 180°C until done (about 15–20 minutes). This recipe makes about 48 muffins. You can halve the recipe for 24 muffins.

DANIEL'S CHEESE MUFFINS

(Shelley Winer)

1 cup flour
3 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 beaten egg
1 cup grated cheese

Mix all together. Bake at 200°C for 10 minutes.

CHOC CHIP MUFFINS

1 ¼ cups flour
¼ cup cocoa
2 teaspoons baking powder
½ cup soft brown sugar
100gm butter
2 eggs
½ cup milk
1 cup chocolate chips

Sift flour, baking powder and cocoa. Stir in brown sugar. Melt butter. Beat eggs and milk. Make well and add butter, egg mixture and chocolate chips. Mix to moisten. Bake at 190°C for 20 minutes.

MUFFINS

(Cheryl Sulski)

2 cups flour
3 teaspoons baking powder
¼ cup sugar
pinch salt
1 egg
1 cup milk
1/3 cup oil

Sift together the flour, baking powder and salt. Add the sugar. Whisk together the milk, oil and egg. Stir wet ingredients into dry ingredients. Do not overmix. Pour into greased muffin tins and bake at 180°C for about 15 minutes until light brown.

CHOCOLATE MUFFINS

¾ cup flour
½ cup sugar
3 Tablespoon cocoa
2 teaspoons baking powder
pinch of salt
1 egg
160ml milk (2/3 cup)
¼ cup oil

Preheat oven to 200°C. Mix dry ingredients. In another bowl beat together the egg, milk and oil. Add egg mixture to dry ingredients and mix till just combined. Spoon into greased muffin tins and bake at 200°C for 20 –25 minutes

WHOLEWHEAT BRAN MUFFINS

(Merle Rakusin)

1 cup flour
1 cup whole-wheat flour
1 cup digestive bran
3 Tablespoons brown sugar
pinch of salt
4 teaspoons baking powder
1 1/3 cup (330ml) buttermilk
1 jumbo egg
1/3 cup (80ml) oil or melted butter

Preheat oven to 200°C. Place all dry ingredients in a bowl. Beat the buttermilk, oil and egg together. Add the liquid ingredients to the dry ingredients and mix with a knife until the liquid is incorporated. Do not over mix. Bake in greased muffin tins for about 20 minutes.

Hint: For raisin muffins add ¼ cup raisins to the dry ingredients.

BROWN BREAD

(Tracy Terespolsky)

3 cups Nutty Wheat flour
2 cups cake flour
1 Tablespoon salt
2½ cups lukewarm water
1 packet instant dry yeast
2 Tablespoons honey
2 Tablespoons oil

Mix Nutty Wheat and cake flour together. Add salt and yeast. Make a well in the centre and add the oil, honey and water. (Measure the oil first, then the honey, as the honey will then run easily off the spoon). Mix well and put the dough into a greased loaf pan. Leave to rise, covered, for 1 hour. Bake at 220°C for 1 hour.

EASY CHALLAH RECIPE

(Sheena Wolovitz)

1 cube yeast (25 grams)
2 cups tepid water
½ cup oil
1cup sugar (¾ cup if preferred less sweet)
1 egg
1 Tablespoon salt
6-7 cups flour

Mix yeast with water and a little sugar. Leave to prove (mixture becomes bubbly) for about 10-15 minutes. Then add the rest of the sugar, the oil and the salt. Add the yeast mixture to the flour, and knead until not sticky. Leave to rise for a few hours to double in size. Shape. Glaze with egg and seeds. Put in oven at 80°C for 30 minutes. Increase temperature to 180°C and bake for a further 40 minutes.

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CHALLAH

(Devora Immerman)

7 eggs
2 cups sugar
1 ½ cups oil
15 cups flour
2 cubes yeast
4 cups warm water
1-2 Tablespoons salt

Dissolve yeast in warm water. Add flour, sugar, eggs and salt. Knead with yeast mixture. Add oil. Let rise for 4-6 hours and shape. Brush with egg. Sprinkle with seeds. Bake at 180°C for 30-45 minutes.

ALWAYS SUCCESSFUL CHALLAH

8-9 cups flour
1 cup sugar
1 Tablespoon salt
50gm yeast
2 ½ cups lukewarm water
½ cup oil
¼ cup raisins
5 eggs

Mix 2½ cups flour with sugar, salt, yeast, water and oil. Mix in 4 eggs. Beat in 1½ cups flour very well. Add 4-5 cups flour until very soft dough is formed. Add raisins (optional). Knead. Separate challah for the Brocha. Let rise 1-2 hours or refrigerate overnight and then let warm at room temperature for 1-2 hours. Make balls. Roll them into ropes and braid. Let rise covered for 1 hour. Brush with egg. Bake in preheated oven at 150°C for 30 minutes. Brush with egg again. Bake for further 30 minutes at 175°C. Makes 4 medium challas.

FAVOURITE CHALLAH

(Tracy Terespolsky)

This quantity can be halved very successfully. Half the recipe yields 3 large challot and 2 to 3 challah rolls. If making the full batch, boolkes and babkes can be made out of the balance of the dough.

13 to 14 cups flour
4 packets instant dry yeast
2 eggs, beaten
1 cup oil
2 Tablespoons salt
1½ cups sugar
4 cups lukewarm water

Place half the flour, the salt, the sugar and the yeast into a large bowl. Make a well in the centre and add the water, eggs and oil. Mix well. Gradually add the flour to make a manageable dough which no longer sticks to the sides of the bowl. Knead the dough for 10 minutes, until it becomes smooth and elastic, springing back when pressed lightly with a fingertip. Place dough in a large oiled bowl, turning the dough so that it is lightly oiled all over. Cover the dough and leave to rise in a warm place for about 2 to 3 hours. Shape the challah loaves and place on a greased baking tray. Brush tops with beaten egg and decorate with poppy seed or sesame seed if required. Bake at 180°C for approximately 20 minutes or until nicely browned.

BEER BREAD

(Zeta Starograd)

This crusty warm bread should be eaten the same day, possibly with a warm bowl of soup.

500gm (small packet) self raising flour
1 tin of beer
1 teaspoon salt
1 cup grated cheese

Mix well together. Add ½ cup of cheese. Place into greased bread tin. Sprinkle the rest of the cheese on top. Bake at 180°C for 50 minutes.

FRUIT BRAN LOAF

(Merle Rakusin)

½ cup cake flour
½ cup whole-wheat flour
5ml baking powder
5ml bicarbonate of soda
2ml salt
½ cup sugar
1 cup milk
2 eggs
3ml orange essence
90ml sunflower oil (6 Tablespoons)
375ml bran flakes
250gm cake fruit mix

Mix flours, baking powder, bicarbonate of soda, salt and sugar and set aside. Beat milk, eggs and orange essence and oil together and pour over bran flakes and cake fruit mix. Let mixture stand for 15 minutes until cereal has softened. Add flour mixture and mix lightly until dry ingredients are just moistened. Pour into greased loaf pan and bake at 180°C for about 50 minutes. Cool in pan for 5 minutes.

HEALTH BREAD

500gm nutty wheat flour
250ml natural yoghurt
250ml buttermilk
7ml salt
12,5ml brown sugar
5ml bicarbonate of soda

Preheat oven to 190°C. Mix all ingredients well. Place mixture in a greased and lined loaf tin. Bake at 190°C for 1 hour and then at 150°C for 15 minutes

SAVOURY BREAD

(Janine Tuch)

500gm self raising flour
500ml fat free plain yoghurt
1 packet brown onion soup

Mix all ingredients together. Divide into 2 loaves and place on baking tray. Sprinkle grated cheese on top. Bake at 180°C - 1 hour.

SAVOURY CHEESE LOAF

250ml flour
1 packet instant yeast
300ml sugar
5ml salt
5ml mustard
250ml luke-warm water
15ml oil
300ml grated Tussers cheese

Mix dry ingredients. Mix luke-warm water and oil. Add to dry ingredients and knead until dough is springy. Cover with a damp cloth and allow to rise to double the size again. Bake at 200°C for 30-35 minutes.

SPICED CARROT AND RAISIN LOAF

(Merle Rakusin)

675ml water
500ml light brown sugar
250gm seedless raisins
5 medium carrots, coarsely grated
30ml butter
5ml ground cinnamon
2ml ground nutmeg
Pinch ground cloves
4 x 250ml flour
10ml bicarbonate of soda
10ml baking powder
1ml salt
250ml chopped walnuts or pecan nuts

Combine water, sugar, raisins, carrots, butter, cinnamon, nutmeg and cloves in a large saucepan. Bring to the boil, cover and simmer for 10 minutes. Pour into large mixing bowl and leave until completely cooled. Sift dry ingredients. Stir into carrot mixture and add the nuts. Pour into a base-lined and slightly oiled (26 x 9 x 7cm loaf tin). Bake at 160°C for 1 hour or until firm. Turn out on cake rack and cool.

DATE CAKE

(Esme Averbuch)

200g margarine
1 cup sugar
1 cup boiling water
2 ¼ cups flour
2 teaspoons baking powder
1 teaspoon bicarbonate of soda
3 eggs
1 container mashed dates (250g)
1 teaspoon vanilla essence
¼ teaspoon mixed spice
¼ teaspoon ginger
pinch salt

Mix margarine with water and sugar. Add rest of ingredients. Bake for 35 minutes at 180°C in tube tin.

BANANA LOAF

½ cup margarine
1½ cups (slightly less) sugar
2 eggs
2 cups flour
½ teaspoon baking powder
¾ teaspoon bicarbonate of soda
½ teaspoon salt
vanilla essence
1 cup mashed bananas

Cream margarine and sugar. Add beaten eggs. Add all dry ingredients which have been sifted together. Add mashed banana and a little milk if mixture is too stiff. Put into a greased and lined loaf tin.

Bake in moderate oven (180°C) for 45-60 minutes.

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AUNTY BESSIES CHOPPED HERRING

(Ilana Duke)

2 herrings
2 eggs – boiled
2 apples
2 Tablespoons vinegar
1 Tablespoon sugar
pepper
matzo meal or 2 slices minced Challah

Mince herring, apples and eggs. Add vinegar, sugar, pepper and matzo meal/challah. Taste and adjust flavouring accordingly.

BABKE

(Tracy Terespolsky)

¼ quantity Favourite Challah Dough (see bread recipes)
margarine
sugar
cinnamon
raisins, optional

When dough is ready for shaping, roll it into a large rectangle. Spread with margarine. Sprinkle liberally with cinnamon and sugar to cover well. Sprinkle raisins onto the cinnamon mixture. Divide the dough into 2 pieces, making 2 narrower, long rectangles. Fold each rectangle over itself, enclosing the mixture. Twist the two pieces of dough together and place in a large loaf tin. Bake at 190°C for about 45 to 50 minutes.

BAKED KISHKE

Beef casings
1 cup flour
1/2 teaspoon salt
1/4 cup onions
1/3 cup fat
1/4 teaspoon pepper
2 large onions - sliced
Further fat for frying

Thoroughly clean beef casings. (Recipe may be multiplied according to the number of cups of flour used). Cut casings into 30cm lengths and tie/sew one end closed. Mix ingredients except onion well. Stuff the casing and tie end closed. Plunge into boiling water and remove. Melt additional fat in a roasting pan and add onions. Arrange the kishke in the pan and bake in a slow oven (170°C) until well browned – 1½ to 2 hours. Baste frequently with the drippings. Kishke may be boiled in a tightly covered pot of water for about 3 hours and then browned in hot fat before serving.

CHOPPED CHICKEN LIVER

(Tracy Terespolsky)

250g chicken liver (kashered)
1 onion, cut into quarters
1 hard boiled egg
125g parev margarine or schmaltz

Place onion into food processor and process until finely chopped. Add the liver, egg and margarine and process until the desired consistency is obtained.

BLINTZES

(Tracy Terespolsky)

1½ cups flour
pinch salt
2 cups water
3 eggs
½ teaspoon baking powder
oil to fry

Meat filling:

cooked chicken or other meat
onion
salt, pepper
chicken fat

Cheese filling:

2 cartons smooth cream cheese
1 egg
sugar to taste

Beat eggs and water well. Add the flour, salt and baking powder. Beat until smooth. Grease a small frying pan lightly with oil and heat. Pour batter very thinly to coat bottom of pan. Cook until dry. Turn out onto a dishcloth. Can be frozen if separated with plastic wrap or wax paper.

Meat blintzes: Fry the onion. Mince the meat with the fried onion. Add spices and chicken fat. Place a spoonful of filling on each blintz, fold up into an envelope shape and fry in hot oil. Alternatively, pack the blintzes closely in a well-greased oven-proof dish, dot with parev margarine and bake at 200°C until golden brown. Serve with soup, or as a light meal.

Cheese blintzes: Mix all the ingredients together to a smooth consistency. Place a spoonful of filling on each blintz and fold into an envelope shape. Pack the blintzes closely in a well-greased oven-proof dish, pour sour cream over the blintzes and leave to soak in for about ½ hour. Sprinkle with cinnamon and sugar. Bake at 200°C until cream is bubbling.

BULKES (MILCHIK)

2 eggs
1 packet instant yeast
4 cups flour
125g butter/margarine
1¼ cups milk
½ cup sugar
butter to brush
cinnamon and sugar
beaten egg to brush

Heat milk and butter to just above lukewarm. Sift flour and add sugar, yeast and eggs. Mix. Add milk and butter and knead in a mix master for about 10 minutes. Add extra flour if necessary to form a soft dough. Turn into a floured bowl and cover with a blanket. Allow to rise in a warm place. Punch down and divide into 4. Roll out a portion while keeping rest covered. Brush with extra melted butter and sprinkle generously with cinnamon and sugar. Roll up and cut into rounds. Allow to rise until double. Paint with beaten egg and sprinkle generously with cinnamon and sugar. Repeat with other three portions. Makes about 3 dozen. Bake on a greased oven sheet at 180°C.

CHICKEN CHOLENT

1 packet chicken braai pack
1 packet onion soup powder
1 cup barley
4 potatoes – peeled and quartered
½ packet frozen carrots
1 teaspoon salt
½ teaspoon garlic salt
pepper to taste

CHOLENT

(Hilary Blumenau)

1 or more onions
chicken pieces, stewing beef or lamb
knuckle
oil
6 potatoes - cubed (or baby potatoes)
½ cup barley, samp mielies or beans
(optional)
water

Sauce:

3 Tablespoons tomato sauce
1 Tablespoon hot chutney [or other
chutney]
1 teaspoon salt
½ teaspoon white pepper
2 Tablespoons sugar
½ teaspoon garlic salt
½ teaspoon cayenne pepper
½ teaspoon paprika
2 mushroom soup cubes

CREAMED HERRING

6 herrings – skinned and filleted
1 cup sugar
1 cup white vinegar
2 teaspoons mustard powder
3 eggs
250ml fresh cream
onions – sliced
peppercorns
bay leaves

Put all ingredients into a slow cooker. Fill with water to the top. Place on "high" until near boiling point. Turn to "auto" before Shabbat. Leave and serve for Shabbat lunch.

Slice onions and fry in a little oil until transparent. Drain the oil. Add meat to the onions and place in slow cooker. Mix the sauce ingredients. Add potatoes and barley. Add to the meat. Cover with water and bring to the boil. Cook from raw overnight and leave to cook till Shabbat lunch.

Beat sugar, vinegar, mustard and eggs together with an egg beater. Place in a double boiler and stir till thick. Cool. Add cream. Place sliced herring, onions, a few peppercorns and bay leaves in a jar. Pour over cream mixture. (Do not add too many peppercorns as it gives a funny taste).

DANISH HERRING

(Tracy Terespolsky)

6 herrings, soaked 25 minutes
1 cup onion, diced
¾ cup sugar
1 teaspoon mustard powder
1 cup granny smith apple, diced
1 cup vinegar
¼ cup oil
1 cup tomato sauce

Cut herrings into bite-size pieces. Add the apple and onion. Combine vinegar, sugar, oil, mustard powder and tomato sauce. Pour over the herring and allow to stand in the fridge for a few days before serving.

TRADITIONAL PEROGEN

(Tracy Terespolsky)

Dough:

1 egg
½ teaspoon salt
pinch of pepper
½ teaspoon sugar
2 Tablespoons shmaltz
1 cup iced water
flour to mix
1 teaspoon baking powder

Meat Filling:

cooked chicken or other meat
onion, fried (according to quantity meat)
salt, pepper, shmaltz

Dough: Beat egg. Add seasoning, fat and water. Add the flour and baking powder. Mix to form a firm, but not too hard, dough. (If a crisper pastry is required, let the dough rest in the fridge).

Filling: Mince the meat with the fried onion. Add salt, pepper and chicken fat.

Roll the dough out and cut into rounds. Put a little filling onto each round. Damp the edges and press together. Bake at 180°C until golden brown.

EASY PEROGEN

1 roll puff pastry
cooked chicken or other meat
onion
salt, pepper
chicken fat

Roll pastry out thinly and cut into 8-12cm diameter circles, depending on the size required. Fry the onion. Mince the meat with the fried onion. Add spices and chicken fat. Place a spoonful of filling on each pastry round, fold in half to form a semi-circular shape and press the edges together with the fingers. Place perogen on a baking tray, brush with beaten egg and bake at 200°C for 10 to 15 minutes, or until golden brown.

GRANNY DORA'S KICHEL

4 eggs – minus 1 white
1 Tablespoon oil
¼ teaspoon salt
½ teaspoon baking powder
approx. 2 cups flour
sugar

Beat eggs and oil at high speed until fluffy. Add sifted dry ingredients to form a soft dough. Roll out dough paper-thin with a rolling pin on a floured board. Sprinkle with sugar and roll into the dough. Cut into diamond shapes on the diagonal. Prick all over with a fork. Bake at 250°C for approx. 3 minutes.

ESTELLE'S KICHEL

(Jessie Unterslak)

4 eggs
½ cup sugar
½ cup oil
500g self raising flour
additional water, sugar and flour

Beat eggs and sugar very well (in a mix master). Add the oil and the flour. Dough should not be sticky. Divide the dough into about 4 pieces. Roll out one piece of the dough very thinly. (Keep the rest of the dough covered with a dishcloth to prevent it from drying out). Cut into diamond shapes. Place on a greased baking sheet. Prick each kichel with a fork, spread a drop of water on and sprinkle with sugar. Bake at 200°C for about 10 minutes or until golden brown. Remove from tray carefully and store in an airtight container. This quantity makes just under 2kg kichel.

GEFILTE FISH

(Tracy Terespolsky)

1kg hake, minced
2 onions, grated
2 large carrots, grated
2 eggs
1 thick slice bread, crumbed
fish spice, salt

Stock mixture:

Head, skin, bones from fish (optional)

2 onions
1 teaspoon salt
4 cups cold water
2 carrots, peeled and thinly sliced

Prepare the stock mixture: Place head, skin and bones of fish in a large pot and add enough water to cover. Add the carrots and onions and simmer for about ½ hour. Strain the stock and discard the trimmings. Reserve the carrots for decoration. Mix together the minced fish, grated carrots, grated onions, eggs and breadcrumbs. Season with fish spice and salt. Mixture should not be too wet. If necessary, add a little more breadcrumbs. Form the mixture into balls, and drop into simmering, strained stock mixture for about 1 hour. **THE POT MUST BE COVERED.** The lid may be removed for the last ½ hour of cooking to reduce the liquid. Allow the fish to cool. Transfer to a large serving platter and garnish with slices of carrot.

KREPLACH

(Judy Levy)

2 eggs
1 cup water
3 - 4 cups flour

Make into a dough that is stiff enough to roll. Roll out thinly on a floured board. Cut into small squares/rectangles. Put in little balls of the minced meat filling. Press the edges together well with a fork, forming triangular shapes, and let them dry for a little while. Boil in clear soup or salt water for about 15 minutes. Drain off the water and serve with soup. (The recipe can be halved)

MANNIE'S FAVOURITE BOOLKES (PAREV)

(Tracy Terespolsky)

¼ quantity Favourite Challah Dough –
see bread recipes
margarine
sugar
cinnamon

When dough is ready for shaping, roll it into a large rectangle, approximately 1 to 1½cm thick. Spread the dough with margarine. Sprinkle all over with sugar and cinnamon to cover well. Roll up like a Swiss Roll and cut into 3cm thick slices. Pinch the ends together to seal and place on greased baking tray. Bake at 190°C for about 20 minutes.

MANNIE'S FAVOURITE TEIGLACH

(Jessie Unterslak)

Dough:

7 whole eggs
6 egg yolks
2 Tablespoons oil
2 teaspoons sugar
12 teaspoons ginger
cake meal

Syrup:

4 cups sugar
2kg syrup

Dough: Beat eggs and sugar with oil and ginger. Add the cake meal to form a soft dough. Roll into shapes.

Syrup: Place sugar and syrup into a heavy-based pot and bring to the boil. Drop the shaped teiglach into the boiling syrup. Do not open the pot for 12 minutes. Thereafter remove the lid and stir occasionally for roughly another 20 minutes, until the teiglach become a rich brown colour. Remove the teiglach from the pot and place them on a wet board to set.

MOCK CHOPPED HERRING

(Stella Mozessohn)

2 tins sardines
8 granny smith apples
8 boiled eggs
1½ cups vinegar
approx. 1 cup sugar
2 cups matzo meal
1 Tablespoon salt
2 large onions – chopped

Mince all ingredients together. Add vinegar and sugar to taste.

MOCK HERRING

(Esme Averbuch)

5 hard boiled eggs
1 tin plain mackerel
3 medium sized granny smith apples
½ medium onion
1 fairly thick slice white bread (preferably kitke)
vinegar
salt

Clean mackerel and remove bones. Mince eggs, fish, onion, apple and bread. Obtain required taste by adding vinegar and salt. Can be frozen.

MOCK LIVER

(Esme Averbuch)

½ cup black lentils
2 onions
oil
2 eggs - hard boiled
1 teaspoon chicken stock powder
salt and pepper

Boil lentils till soft. Fry onions in oil. Mince all ingredients and add any remaining oil. Add stock powder with a little water. Add salt and pepper if required.

PETZAH (CALVES HOOF JELLY)

1 calf's foot
1 onion
garlic cloves
bay leaves
juice of 1 lemon
2 Tablespoons white vinegar
2 eggs - hard boiled

Clean calf's foot thoroughly. Cook for 2 hours covered in water. Add bay leaves, onion, garlic, lemon juice and vinegar and cook for another hour. Remove meat and cut into small pieces. Strain the liquid and pour over the meat. Add sliced eggs. Chill till firm. Serve with mustard or 'chrain'.

PICKLED HERRING

(Judy Levy)

Approx. 12 herrings
4 cups white vinegar
2 cups water
3 cups sugar
½ packet mixed pickling spice
a few bay leaves
sliced onion

Bring vinegar, water, sugar, pickling spice and bay leaves to the boil. Add onions and boil for a further minute or two. Remove from the heat and allow to cool properly. Cut the herring into pieces (filleted or whole). Place herring in container and pour over the liquid and onions. Store in refrigerator.

PINEAPPLE HERRING

(Andy Stein)

6 herring fillets – pre-soaked
1 small tin pineapple chunks
1 cup mayonnaise
¼ teaspoon mustard (optional)
½ onion

Slice herrings into squares and place in a bowl. Add onion very thinly sliced. Mix mayonnaise and pineapple juice with (optional) mustard. Pour over herring and add pineapple chunks. Mix well and place into a bell jar. Refrigerate till needed.

SCHMALTZ

1 brick parev vegetable fat
1¼ bottles oil
750g carrots
750g onions
Salt and pepper

Put oil and parev cooking fat in a pot and melt. Add grated carrots and sliced onions. Simmer till onions are a little more than golden brown and the liquid is dark yellow. Strain, bottle and refrigerate.

TRADITIONAL CHOLENT

(Barbara Solomon)

meat (stewing beef, brisket on the bone or veal)
potatoes
carrots
¼ cup barley
handful of cholent mixture or any beans (optional – makes a heavier cholent)
marrow bones (optional – for a less fatty cholent, omit them)
approx. 1 Tablespoon flour
½ Tablespoon salt
¼ cup tomato sauce
2 – 3 Tablespoons syrup
water

Quantities are a guideline. Use more or less equal quantities of meat, potatoes and carrots. Layer the ingredients in a slow cooker. Add enough water to cover. Cook overnight.

VEGETABLE CHOLENT

(Tracy Terespolsky)

1 large onion, diced
2 – 2 ½ cups assorted beans (kidney, lima, lentils, barley)
3 – 4 potatoes, quartered
2 teaspoons garlic
1 packet soup greens, cut up
salt and pepper
2 vegetable soup cubes

In a slow cooker: Place the onion into the slow cooker. Place the soup greens on top of the onions, then the assorted beans. Add the garlic and the vegetable cubes. Cover all the ingredients in the pot with water, allowing extra water for the beans to expand into. Place potatoes on the top and stir through. Set the slow cooker to high. Allow to cook for 1½ to 2 hours. Then turn temperature down to Auto Shift. Leave the cholent to cook until the next day (lunchtime).

On the stove: Fry the onion in a little oil. Add the soup greens and continue frying. Add the beans, seasonings and water to cover the ingredients in the pot, allowing for the expansion of the beans. Bring to the boil, stirring occasionally for 1½ to 2 hours. Place potatoes on the top, stir through, pour extra water on top, and place pot or casserole dish into the oven overnight (oven temperature 100°C) to continue cooking until lunch time the next day.

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MADBOCHAI (TURKISH SALAD)

(Aura Netzer)

2 green peppers, chopped
5 ripe tomatoes, skinned
4 large cloves garlic
1 Tablespoon tomato puree
½ teaspoon salt
1 teaspoon cayenne pepper
½ teaspoon chilli sauce
1 teaspoon cumin
¼ teaspoon black pepper

Fry finely diced green peppers. Add crushed garlic. Fry until peppers turn a very pale green. Add tomatoes, which have been chopped into medium chunks. Add tomato puree, salt, cayenne pepper, chilli sauce, cumin and black pepper. Cook until hardly any liquid left. Serve with tahina, humus and lots of bread.

MATBOCHA

(Limor Azaraf)

10 small fresh chillies, chopped
2 big red peppers, sliced thinly
4 onions, chopped
10 tomatoes, chopped in blender (not too fine)
1 teaspoon salt
1 teaspoon white pepper
½ Tablespoon paprika
½ teaspoon peri peri
1 Tablespoon parev chicken stock powder
3 Tablespoons tomato puree
1 teaspoon turmeric

Fry onions in oil until brown. Add chillies and peppers and fry together. Add tomatoes. Add all spices and mix well. Cook on high for 4 minutes, then on low for another 15 minutes, stirring constantly, until the juice has evaporated. Keep in fridge. Can be warmed in microwave, or serve cold.

FELAFFEL

1 kg chick peas (humus)
1 Tablespoon baking powder
1 Tablespoon cumin
1 Tablespoon salt
3 Tablespoons flour
2 onions
few garlic cloves
coriander

Soak the chickpeas overnight in water to cover. Mince the chickpeas with all the other ingredients and mix in the spices. Make the mixture into small balls and deep fry. Best to eat hot with tehina and fresh Israeli salad with pita. [See our salad section for felaffel salad recipes].

TEHINA SALAD

(Limor Azaraf)

500g raw tehina (1 tub)
¾ cup fresh lemon juice
1 teaspoon salt
2 garlic cloves
35g dried parsley

Place all ingredients in a food processor for 5 minutes. Place in an airtight container in the fridge.

LEBANESE SALAD

100g/4oz bulgar wheat
2 bunches spring onions, chopped
225g/8oz tomatoes, skinned, chopped and drained
50g/2oz chopped parsley
4 Tablespoons chopped fresh mint
4 Tablespoons olive oil
3 Tablespoons lemon juice
salt and pepper

COUSCOUS TABBOULEH

(Dina Kersh)

1 ½ cups instant couscous
1 cup boiling water
3 large tomatoes, peeled and finely chopped
½ cup finely sliced spring onions
¼ cup finely chopped fresh mint
1 cup finely chopped parsley

Dressing

1/3 cup lemon juice
2 Tablespoons olive oil
1 teaspoon salt

Put the crushed wheat into a bowl and pour in fresh cold water to cover. Leave for 30 minutes, then drain and squeeze dry between your hands. Put the crushed wheat into a bowl and add the spring onions, tomatoes, parsley and mint. Stir well to mix, then stir in the oil and lemon juice and season to taste with salt and pepper. Serve with cold meats, or with grilled kebabs, instead of rice.

Place the couscous in a large bowl. Pour on the boiling water and stir thoroughly. Set aside to allow the couscous to absorb the water and swell.

Dressing: Combine all the dressing ingredients in a small bowl and whisk thoroughly.

In a large serving bowl, combine the tomatoes, spring onions, mint and parsley. Stir the couscous with a fork to separate the grains and break up any lumps. Add the couscous to the serving bowl and mix all the ingredients thoroughly. Pour on the dressing and mix again thoroughly. Serve at room temperature.

TABBOULEH

(Dina Kersh)

75g/3oz bulgar wheat
1 cup chopped parsley
3 Tablespoons chopped fresh mint
4 spring onions, chopped
½ cucumber, finely diced
2 Tablespoons olive oil
juice of 1 lemon
salt and pepper

Soak the bulgar wheat in cold water for 1 hour. Line a sieve with a piece of muslin and tip the wheat into it. Lift out the muslin, twist together and squeeze out as much moisture as possible from the wheat. Place the wheat in a bowl and add the remaining ingredients, seasoning with salt and pepper to taste. Toss thoroughly, then transfer to a shallow dish to serve.

ISRAELI COUSCOUS

(Cheryl Smadja)

1 Tablespoon olive oil
1 onion, chopped
2 cloves garlic, crushed
1 teaspoon cumin
1 red pepper, chopped
1 box couscous
3 cups chicken stock

Fry onion, garlic, red pepper and spices together. Add couscous and chicken stock. Boil for 10 minutes.

BULGAR LENTIL AND TAHINI PILAFF

(Rachel Esra)

200ml green lentils, rinsed
2ml each salt and turmeric
50ml oil
1 bunch spring onions, chopped
2 cloves garlic, crushed
1 green or red pepper, seeded and diced
5-7ml each ground cumin, coriander and fennel
250ml bulgar wheat
5ml salt
60ml tehina
25ml fresh lemon juice
100/125ml toasted sunflower seeds or chopped almonds

Boil lentils with salt and turmeric. Cook gently until liquid is absorbed and lentils are soft. Heat oil in a large frying pan with a lid. Add spring onion, garlic and pepper and sauté until soft. Add spices and toss over a low heat for a minute or two. Add bulgur and toss until coated. Then add another 5ml salt. Mix 500ml boiling water with tahina and lemon juice. Stir into mixture in pan, then cover tightly and cook on low heat for 5 minutes. Switch off the heat and leave for another 5 minutes. Use a fork to mix in lentils and sunflower seeds. Turn onto a large warmed platter and keep warm in a low oven until ready to serve.

LECHSO (HUNGARIAN PEPPER AND TOMATO OMELETTE)

(Jilly Suttner)

1 onion – chopped
2 - 3 red and green peppers
2 Tablespoons sunflower oil
225g ripe tomatoes
2 teaspoons paprika
salt and freshly ground pepper
eggs – beaten

Sauté onion in oil until softened and transparent. De-seed the peppers and chop them. Skin and chop the tomatoes. Add peppers and tomatoes and sprinkle paprika, salt and pepper over. Cook till peppers are soft. Pour the eggs over the vegetable mixture. Stir continuously until the eggs are cooked through. Serve immediately.

SPINACH SALAD

2 packets spinach
4 cloves garlic, crushed
juice of 1 lemon
1 teaspoon cumin
1 teaspoon paprika
salt

Wash the spinach, cut into small pieces and boil for about 45 minutes. Drain the spinach. Put a little oil into a frying pan and fry the crushed garlic. When the garlic is golden brown, add the spinach. Add the spices and fry for about 15 minutes on low heat. Serve the spinach when done. Can be served hot or cold.

CHATZILIM (BRINJALS)

(Limor Azaraf)

4 medium or 3 large brinjals
paprika, turmeric, cumin
salt
tomato puree
parev chicken stock
black pepper

Peel the brinjals and cut into squares. Fry in deep oil until brown. Place on paper to drain the oil. Place all spices with 3 Tablespoons oil into a pot. Mix well on the stove. Add the fried brinjals and mix. Cook on low for a few minutes.

RAKOT KRUMPLI (HUNGARIAN POTATO AND EGG CASSEROLE)

(Agnes Demby)

6 hard boiled eggs
7 medium-size potatoes
1/3 cup fine, dry buttered bread crumbs
(optional)
1 cup thick sour cream
1/2 cup butter, melted and cooled
salt and pepper

Cook potatoes for approximately 20-30 minutes (or until tender). Drain potatoes. To dry potatoes, shake pan over low heat. Peel potatoes. Cut potatoes and eggs into slices approx. 1/2 cm thick. Set aside. Prepare dry buttered crumbs and set aside. Mix together sour cream and butter. Reserve one half of the sour cream mixture for top of casserole. Beginning and ending with potato, alternate three layers of potatoes and two layers of eggs into a well greased 2 litre ovenproof dish, spooning about 6 Tablespoons of sour cream mixture over each egg layer and season with salt and pepper. Cover top layer of potatoes with reserved sour cream mixture. Sprinkle with the buttered crumbs. Bake at 180°C for 20-30 minutes, or until crumbs are browned. Serves 6-7. Great for milchik meal at Shavuot!

SHAKSHOKA

(Limor Azaraf)

4 tomatoes, finely chopped
1 onion, finely chopped
2 Tablespoons paprika
1 Tablespoon parev chicken stock
1 teaspoon each salt and pepper
1/2 teaspoon each turmeric and cumin
3 Tablespoons tomato puree
10 eggs, unbeaten

Fry onions in oil until brown. Add chopped tomatoes and fry. Then add all spices, mix and simmer for 2 minutes. Add 1/2 cup water and mix. Cover pan for 2 minutes and simmer. When sauce is bubbling, add eggs. Cover for about 7 minutes on low heat and then serve.

NB : The eggs must not be beaten or mixed, but left whole the way one would make poached eggs.

MOROCCAN FISH

(Limor Azaraf)

5 chopped chillies (optional)
2 red peppers, thinly sliced
2 potatoes, peeled and sliced in rounds
4-6 portions fresh hake or kingklip
100g fresh dhanya (coriander)
3 Tablespoons paprika
1/2 teaspoon turmeric
1 teaspoon salt
1 teaspoon tomato puree
1/2 cup oil
1/2 cup water

Place potatoes and sliced peppers into a deep pan. Line the pan with the fish and chillies. Place the oil, spices and water in a dish. Mix well and pour over the fish. Place the dhanya on top. Cover the pan and cook on medium heat for 1/2 hour, checking that the sauce does not dry out.

VEGETABLE SOUP

(Aura Netzer)

3 onions, chopped
2 potatoes, diced
bunch carrots, peeled and chopped
3 stalks celery, chopped
2 cloves garlic, crushed
¾ Kg pumpkin, chopped
1 small packet baby marrows, chopped
water
4 vegetable soup cubes
chilli powder
origanum
1 Tablespoon vinegar

Dice onions. Peel the potatoes and cut into medium chunks. Peel carrots and chop coarsely. Chop the celery and baby marrows. Cut the pumpkin into medium sized chunks. Fry the chopped onions until they are soft. Add the potatoes, carrots, celery, garlic, pumpkin and baby marrows. When the vegetables have softened, pour over water to cover all the vegetables together with the vegetable stock cubes. Spice the soup with chilli powder, origanum and vinegar. Boil for about 2 hours. Liquidise if preferred, or leave the soup a little chunky. Just before serving, add salt and pepper.

SEPHARDI CHOLENT

(Cheryl Smadja)

1 chicken – cut into pieces
1 cup rice
salt to taste
onion soup powder
1 Tablespoon ground cumin
1 Tablespoon turmeric
potatoes, peeled and quartered
carrots or pumpkin chunks
lentils, barley or beans
pepper

Place all the above in a slow cooker. Cover with water and leave to cook overnight on auto shift until ready to eat (lunchtime).

CHITA (SIDE DISH FOR CHOLENT)

(Limor Azaraf)

250g crushed wheat
2 medium onions, chopped finely
½ Tablespoon tomato puree
½ teaspoon turmeric
½ teaspoon black pepper
1 teaspoon salt
1 ½ Tablespoons chicken stock

Clean crushed wheat as for rice. Wash and soak in boiling water for 5 minutes. Fry onions in a little oil until brown. Drain the water from the wheat, and add to the onions. Fry for two minutes, stirring constantly. Add water to cover the mixture. Add the spices and cook on low heat like rice. Cover and leave on hot tray until ready to eat.

MECHAMER (MOROCCAN POTATO KUGEL)

(Limor Azaraf)

5 medium potatoes
1 Tablespoon chicken stock
1 teaspoon salt
1 teaspoon white pepper
½ teaspoon turmeric
1 Tablespoon dried parsley
2 eggs
2 teaspoons baking powder

Dice and boil peeled potatoes with the turmeric, salt, pepper and chicken stock until soft. Drain off the water and mash the potatoes. Add the eggs, baking powder and parsley and fold together well. Pour ¼ cup oil into ovenproof dish and place into pre-heated oven (180°C) for 4 minutes. Remove from oven and pour potato mixture into the dish. Bake for about 45 minutes or until brown on top. Serve hot or cold

Variations: Can add diced boiled carrots, peas or even sliced boiled eggs for colour.

STUFFED BABY SQUASH

1 packet small squash
1 onion
1 tomato
1 celery
½ cup rice
2 cloves garlic
sugar
salt
juice of one fresh lemon

Peel the baby squash, make a small hole in the top and clean out all the insides of the squash. Cut the onion, tomato, celery. Add the rice and fry in a frying pan for about 5 minutes. Take the squash and stuff with the rice mixture. Put a little oil in a pot. Place the stuffed squash inside. In a cup of water, add the crushed garlic, sugar, salt and lemon juice and pour over the squash. Add more water till the squash is covered. Cook until most of the water has boiled away.

LAMB TANGINE

(Limor Azaraf)

3 osso bucco (lamb shoulder) – 6 pieces
500g dried fruit mix
1 cup coke
¼ cup syrup
¼ cup tomato sauce
100g pecan nuts or almonds

Wash the meat. Place in a deep dish or roasting pan. Wash the dried fruit and place on top of the meat. Pour the syrup, coke and tomato sauce over the dried fruit and sprinkle with the nuts. Cover in tin foil and bake at 150°C for about 2½ hours, until soft and sticky.

SOFRITU (CHICKEN)

(Limor Azaraf)

8 chicken drumsticks
3 onions, chopped
1¼ cups water
¼ teaspoon turmeric
¼ teaspoon white pepper
dash salt
6 large potatoes

Fry the chopped onion in oil until brown. Add the chicken and simmer. Remove when cooked and place in an ovenproof dish or roasting pan. Mix the water, turmeric, white pepper and salt. Peel the potatoes and cut into large chunks. Deep fry the potatoes, drain and place on top of the chicken. Cover with gravy. Cook at 140°C for 1 hour.

BEEF AND MUSHROOM

(Limor Azaraf)

600g cubed beef
1kg stewing lamb
4 sliced onions
3 tins mushrooms
1 tin chickpeas (optional)
1½ teaspoons pepper
1 teaspoon salt
½ teaspoon turmeric
2 Tablespoons chicken stock
3 Tablespoons mushroom soup powder

Fry onions until brown. Add mushrooms, chickpeas and all the spices. Mix well. Place meat in a large casserole dish. Pour sauce over the meat and cook covered in oven at 140°C for about 2 to 2 ½ hours, or until brown. Can be served with white rice. This makes a large quantity (serves 10) and can be halved.

PAREV TIRAMISU

(Limor Azaraf)

3 eggs, separated
3 Tablespoons sugar
3 teaspoons vanilla
250g (1 box) Orley Whip
1 box finger biscuits
one cup strong coffee
2 teaspoons cocoa

Beat egg white with sugar. Fold in the yolks mixed with the vanilla. Beat Orley Whip. Fold into the egg mixture. Place a layer of biscuits dipped into the coffee into the bottom of a deep round bowl. Pour some of the Orley mixture over and continue with biscuits again, making about 3 layers. Sprinkle the top with cocoa.

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GEFILTE FISH LOAF

(Judy Levy)

1 kg minced fish (with carrot and onion)
2 beaten eggs
½ cup oil
½ cup matzo meal
¼ cup sugar
½ cup water

Mix all ingredients well. Put the mixture into a greased tin. Bake at 180°C for 40 to 50 minutes. Cool and decorate. Serve with chraime (horseradish).

TUNA SALAD DELUXE

(Tracy Terespolsky)

2 tins tuna
2 green peppers, diced
4 large pickled cucumbers, diced
2 cups mayonnaise
2 Tablespoons vinegar
2 onions, diced
4 hard boiled eggs
4 tomatoes, diced
4 Tablespoons tomato sauce
½ Tablespoon paprika
salt and pepper
finely chopped fresh chilli (optional)

Combine all the salad ingredients together. Add the mayonnaise, tomato sauce, vinegar and spices. Place in a pretty glass dish and serve with matzo crackers around it.

MEAT BLINTZES

(Tracy Terespolsky)

3 eggs
2 cups water
1 cup cake meal
¾ cup potato flour
salt

Filling:

cooked chicken or other meat
onion
seasoning
chicken fat

Make blintzes: Beat eggs well. Add the cake meal, potato flour and salt, and mix well. Use water to make a smooth batter. Grease heated pan lightly with oil. Pour batter thinly to cover base of pan. When dry, turn out onto a cloth. Grease pan for each blintz.

Make filling: Mince the meat with the fried onion. Add seasoning and chicken fat. Put a little meat filling onto each blintze, fold into envelope shape, and fry.

GNOCCHI WITH SAUCE

(Tracy Terespolsky)

1½ kg potatoes
500g cake meal
salt
125g margarine

Tomato sauce:

3 or 4 large ripe tomatoes
small piece onion
little margarine
origanum, salt, pepper, mixed herbs

Boil potatoes in jackets. Skin and mash. Place cake meal in a bowl and add the hot mashed potato. Knead to form a dough. Divide dough into sections. Make long narrow rolls, about 1cm diameter. Cut into thin slices, depress centre of each with finger. Throw slices into boiling salted water. As they rise to the top, remove with strainer. Drain well and place in dish. Heat margarine, and pour over the gnocchi. Lastly pour over hot, freshly made tomato sauce.

Make sauce: Skin tomatoes and dice. Fry onion in oil until brown. Add tomatoes. Season. Cover and cook slowly for about 10 minutes, stirring occasionally. Add a little margarine, mix well and pour immediately over gnocchi.

PESACH LASAGNE

(Tracy Terespolsky)

matzo sheets

Tomato sauce:

1 large chopped onion
1 Tablespoon parsley
3 to 4 chopped tomatoes
2-3 cloves garlic
¼ cup oil
½ cup tomato sauce
2 bay leaves
1 teaspoon salt
½ cup water
¼ teaspoon pepper

White sauce:

1 finely chopped onion
4 Tablespoons oil or margarine
3 Tablespoons cake meal
2 cups vegetable stock
2 egg yolks
salt

Make the tomato sauce: Place all ingredients into a pot. Mix well. Cover and simmer for about 45 minutes, stirring occasionally.

Make the white sauce: Fry the onion in oil. Add the cake meal and a dash of salt. Slowly stir in the vegetable stock, cooking over low heat until the sauce is thick. Add slightly beaten egg yolks. Cook for a few minutes more.

In a large greased oven-proof dish place a layer of matzo. Cover with a layer of filling, then a layer of sauce. Continue layering the matzo, filling and sauce until the ingredients are used up, ending with sauce. Bake for 20 minutes at 160°C.

SWEET AND SOUR KINGKLIP

(Tracy Terespolsky)

Fish:

1 kg kingklip, sliced into strips
1 cup cake meal
potato flour
½ teaspoon salt
pinch pepper
1½ cups water
1 egg
oil for deep frying

Sauce:

½ cup sugar
½ cup vinegar
½ teaspoon salt
4 teaspoons potato flour
4 teaspoons tomato sauce
1 cup water

Coat the kingklip strips in potato flour and shake off the excess. Make a batter by mixing the cake meal, salt and pepper in a bowl. Gradually add the combined egg and water. Mix to a thin batter, beating until smooth and free of lumps. If necessary add water until the required consistency is reached. Place batter over the kingklip strips and stir until the strips are all coated with batter. Fry kingklip strips in heated oil until golden and cooked through. Boil the water and vinegar in a saucepan. Add potato flour mixed with a little water. Add remaining ingredients and stir over medium heat until mixture thickens. To assemble, arrange the fish on a platter. Place strips of red pepper, green pepper, yellow pepper and strips of carrot over the fried fish. Pour over the sweet and sour sauce and serve warm or chilled.

Note: The sauce keeps well in an airtight container in the fridge.

YOMTOV CHICKEN SOUP

(Tracy Terespolsky)

1 packet chicken thighs
1 packet chicken breasts
12 carrots, finely chopped
5 onions, finely diced
12 cups water – to fill pot
small amount oil
approx. 8 chicken soup cubes
salt to taste

Fry the onions until glassy. Add the carrots. Stir constantly so that the vegetables do not stick on the bottom of the pot. Add the washed chicken portions and the water. Bring the soup to the boil. Reduce the heat and simmer the soup, covered, for a few hours. Add the soup cubes, season with salt and allow to simmer further. Strain before serving if preferred. Freezes well. Serve with pesach lokshen (see recipe), farfel or kneidlach. (Pesach lokshen should only be added about 10 minutes before serving, if they are being cooked in the soup).

PESACH LOKSHEN

(Tracy Terespolsky)

2 eggs
2 Tablespoons matzo meal
pinch salt

Beat the eggs well. Add the salt and matzo meal. Beat well. Melt a little oil or margarine in a small frying pan and pour in small amounts of the mixture, frying like pancakes. Turn over, remove from pan and drain on paper towel. Roll up each "pancake" swiss-roll style and cut into thin strips, like noodles. Drop into boiling soup or salted water and cook for 2 to 3 minutes.

MATZO KNEIDEL

2 Tablespoons fat
2 eggs
1 heaped teaspoon salt
2 teaspoons ground almonds
7 to 8 Tablespoons matzo meal
 $\frac{1}{2}$ teaspoon ground ginger
No water.

Mix together fat, salt, ginger and almonds. Beat in eggs one at a time. Add matzo meal. The mixture must be firm. Some extra matzo meal can be added, if necessary. Make into small balls. Cook in salt water in a covered pot for $\frac{1}{2}$ hour. **DO NOT OPEN THE POT WHILE COOKING.**

NEVER FAIL KNEIDLACH

(Shelley Tobias)

2 eggs
2 level Tablespoons margarine or schmaltz
2 Tablespoons water
salt and pepper to taste
pinch cinnamon
7 rounded Tablespoons matzo meal

Beat eggs, margarine and water together. Add matzo meal, salt, pepper and cinnamon. Stir well. Roll into balls with wet hands. Place into boiling salted water. Boil for approximately $\frac{1}{2}$ hour. Boil with lid closed. Do not open lid during cooking time. This recipe doubles very successfully.

QUICK AND EASY KNEIDLACH

(Tracy Terespolsky)

2 eggs
2 heaped Tablespoons schmaltz
2 ladles (approx. 50ml) warm water
 $\frac{1}{4}$ packet matzo meal

Mix together the eggs, schmaltz and water, and gradually add the matzo meal to make a loose mixture – not too stiff. Cover the mixture and leave it to harden in the fridge for about 15 minutes – it can be left for several hours. Boil water and add a little salt. Roll the kneidlach mixture into medium sized balls. When water is boiling, place the kneidlach into it as quickly as possible, and cover the pot. Do not open the pot until 20 minutes have passed. Remove kneidlach from the pot and serve with soup.

Note: To keep the kneidlach soft, keep them submerged in the water they were boiled in. Kneidlach freeze very well.

OYSTER STEAK HOT POT

(Tracy Terespolsky)

2 kg oyster steaks
1 clove garlic
1 Tablespoon diced green pepper
½ cup chopped parsley
½ teaspoon organum
2 Tablespoons oil
2 tomatoes, peeled and diced
1 chopped onion
1 beef cube mixed in 1 cup boiling water
cake meal
salt, pepper, paprika

Sprinkle the steaks with cake meal, salt, pepper and paprika. Braise in a hot pot in 2 Tablespoons oil. Add the rest of the ingredients. Simmer for 1 to 1½ hours, until the meat is soft. This recipe freezes well. Sliced mushrooms can be added towards the end of the cooking time.

SWEET AND SOUR CHICKEN

(Tracy Terespolsky)

1 packet chicken portions
1 large onion
¾ cup vinegar
¾ cup water
juice of 1 lemon
2 Tablespoons sugar
½ cup tomato sauce
2 teaspoons paprika

Fry the chopped onion in oil until brown. Add the other ingredients and simmer for 15 minutes. Pour over the jointed chicken which has been coated with seasoned cake meal. Bake covered at 170°C for 2 hours.

RATATOUILLE

(Tracy Terespolsky)

500g onion, chopped
6 medium tomatoes, chopped
500g baby marrow, sliced
¼ cup oil
1 eggplant, peeled and thinly sliced
1 green pepper, seeded and sliced
stalk of celery, sliced
mushrooms (optional)
2 cloves garlic
organum, mixed herbs
salt, pepper, paprika

Heat oil and sauté onions. Put layer of onions at bottom of casserole dish. Sauté the vegetables separately, then put each layer in the casserole. Season each layer of vegetables. Add the herbs. Add about 1 cup of water to cover. Bake at 180°C for ½ hour with lid on casserole. Sprinkle with parsley before serving.

LAYERED POTATOES

(Tracy Terespolsky)

10 potatoes
3 onions
3 tomatoes
sliced mushrooms
schmaltz or parev margarine
1 sachet Orley Whip
salt and pepper

Peel potatoes and sliced thinly. Layer sliced potatoes, chopped onions, sliced tomatoes and margarine/schmaltz. Repeat. Add a layer of sliced mushrooms, and season with salt and pepper on top. Add 1 sachet Orley Whip. Cover and bake at 150°C for about 5 hours.

Note: This dish can be made for shabbat lunch. Cook at 100°C from sunset Friday until ready to serve lunch.

FARFEL PUDDING

250 g packet farfel
1 teaspoon salt
water
oil
1 cup sugar (or less)
1 - 2 eggs
2 Tablespoons fat
Cinnamon

Boil farfel with salt and a bit of oil in boiling water for at least 20 minutes until doubled in size. Strain with cold water. Drain. Add 1 cup sugar (or if too sweet, a little less). Add eggs, fat and cinnamon. Bake in an oven for ½ - ¾ hour at 175°C.

PAREV CHOCOLATE MOUSSE

250g parev chocolate
120g parev margarine
7 eggs
¾ cup sugar

Topping:

1 sachet Orley Whip
½ cup sugar
1 egg

Melt chocolate with the margarine. Stir in the egg yolks. Beat egg whites with ¾ cup sugar. Fold egg whites into chocolate mixture when it has cooled slightly. Freeze. When frozen (firm and darker brown) make the topping. Beat the Orley Whip with ½ cup sugar until stiff. Add the whole egg. Beat well. Place this mixture on top of the brown mousse. Freeze. Serve frozen. This recipe can be doubled.

LEMON PUDDING (PAREV)

(Fiona Tuchten)

3 egg whites
½ cup sugar
pinch salt
2 teaspoons grated lemon rind
3 egg yolks
¼ cup lemon juice
1 box (2 sachets) Orley Whip

Beat egg yolks. Add sugar, lemon juice, rind and salt. Beat the Orley Whip and fold into the egg yolk mixture. Beat the egg whites and fold into the mixture. Set in the fridge or freezer.

APPLE FRITTERS

(Marietta)

1 cup matzo meal
2 Tablespoons melted margarine
½ cup water
3 beaten eggs
½ teaspoon salt
6 tart apples, peeled and finely sliced

Mix the matzo meal, margarine, water, eggs and salt together. Dip the apples into the mixture. Drop spoonfuls into hot oil and fry until golden brown. Drain and serve with cinnamon and sugar.

MALKA'S CHOCOLATE PESACH ICE CREAM

(Shelly Winer)

7 egg yolks
¾ cup sugar
¾ cup oil
3oz (90g) parev chocolate
1 cup hot water
1 teaspoon coffee
¼ cup sugar
7 egg whites

Using liquidiser, mix yolks, ¾ cup sugar, oil, chocolate and hot water with coffee dissolved into it. Then beat the egg whites with ¼ cup sugar. Fold chocolate mixture into egg whites. Freeze.

PESACH FRUIT SORBET

(Sheena Wolovitz)

2 cups water
1¼ cups sugar
1½ cups orange juice
1/3 cup lemon juice
6 grenadillas
2 egg whites

Boil the water and sugar for 7 minutes. Cool. Mix the orange juice, the lemon juice and the grenadillas, and add to the cooled mixture. When cold, freeze. When slushy, add 2 beaten egg whites and return to the freezer to set.

COCONUT MACAROONS

2 egg whites
1 cup castor sugar
(ordinary sugar can be used)
1 cup coconut

Beat egg whites until stiff. Fold in the sugar and coconut. Drop teaspoonfuls onto greased baking tray. If available, place a quarter cherry on each macaroon before baking. Bake at 180°C for approx. 15 minutes. Allow to cool on the baking tray.

PESACH KICHEL

(Marietta)

4 eggs
2 cups cake meal
pinch salt
1 cup potato flour
¾ cup oil
¾ cup sugar

Beat eggs and sugar. Add oil and cake meal, salt and potato flour. Knead slightly. Roll out dough and cut into circles or diamonds. The dough must not be rolled too thin. Place on greased baking tray. Brush lightly with oil and sprinkle sugar over. Bake at 220°C for about 10 minutes, watching that they don't burn.

PESACH ROLLS

(Tracy Terespolsky)

2 cups matzo meal
1 Tablespoon sugar
½ cup oil
1 teaspoon salt
1 cup water
4 eggs

Mix matzo meal, salt and sugar. Boil the water and oil and add to the dry ingredients when boiling. Leave to stand for about 10 minutes. Then add the eggs one at a time. Leave the mixture to stand for about 15 minutes. Form the mixture into balls with wet hands, and bake at 180°C for about 15 minutes or until light brown.

EASY MERINGUES FOR PESACH

(Shelley Tobias)

1 extra large egg white
30ml boiling water
15ml white vinegar
250ml castor sugar

Heat oven to 180°C. Cover baking trays with foil, shiny side up. Put egg white, castor sugar, boiling water and vinegar into a bowl. Beat quickly until the egg white is stiff and stands in peaks. Place spoonfuls on trays. Bake for 1½ hours. Switch off oven and leave overnight. Store in an airtight tin.

CHEESE BALLS

1½ cups matzo meal
1 cup cream cheese
1 egg, well beaten
½ teaspoon salt
pepper

Mix all ingredients together well, and roll into small balls. Roll in matzo meal and deep fry. Serve hot or cold.

DELICIOUS PESACH CAKE

(Shelley Tobias)

12 large eggs, separated
1½ cups sugar
8 heaped Tablespoons cake meal
4 heaped Tablespoons potato flour
juice and rind of 1 lemon
3 Tablespoons oil

Beat egg whites with 1 cup sugar until stiff and glossy. In a large bowl beat egg yolks and remainder of sugar until creamy and almost white in colour. Fold in the egg whites. Add in cake meal, then potato flour, rind and juice of lemon and then oil. Mix while adding these ingredients. Mix very well. Bake in a large tin which has been lined and oiled. Bake at 180°C for 1 hour. When cold, wrap cake in tin foil to prevent it from drying out.

FRIDGE CAKE

(Rozanne Laufert)

This cake is delicious – ideal for using all year round!

7 eggs
½ cup sugar
1 packet chocolate pudding
1 packet vanilla pudding
1 cup milk
250ml cream/1 box Orley Whip
1 egg, extra
2 Tablespoons water
100g dark chocolate

Separate the 7 egg yolks from the whites. Beat the whites adding ½ cup sugar while beating. Mix chocolate pudding with the 7 egg yolks and mix carefully with the egg white mixture. Place mixture in a large oblong ovenproof dish. Bake at 180°C for 20 minutes. This mixture will rise high while baking and fall when cool. Allow to cool. Mix together the vanilla pudding with the milk and cream (or just with 1 box Orley Whip and 1 cup water). Place this mixture on the cooled base. Separate the remaining egg. Beat the white stiffly. Melt the chocolate with 2 Tablespoons water. Allow to cool once melted. When cool, add the egg yolk. Add the stiffly beaten egg white, mixing slowly. Place this chocolate mixture on top of the vanilla mixture. Place in the fridge. Serve after at least 3 hours.

CHOCOLATE WINE CAKE

4 eggs
½ cup sugar
½ cup almonds
½ cup raisins
½ cup grated chocolate
½ cup sifted matzo meal
¼ cup wine
juice of 1 orange

Beat the egg yolks until lemon-coloured. Add sugar, almonds, chocolate, raisins, orange juice, wine and matzo meal, mixing thoroughly. Then fold in the stiffly beaten egg whites. Bake in a slow oven - 150°C for 1 hour.

PECAN NUT BISCUITS

(Marietta)

¼lb (125g) butter or margarine
2 Tablespoons castor sugar
2 cups cake meal
½ cup chopped pecan nuts

Cream together butter and sugar. Add cake meal and chopped nuts. Place heaped teaspoonfuls on a baking tray. Bake at 180°C until golden brown. When cool roll in castor sugar.



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ASTRO'S FLYING SAUCER BISCUITS

2 x 150g pkts Cadbury's Astro's
250g butter or margarine - diced
120g white sugar
120g brown sugar
5ml vanilla essence
2 eggs
310g cake flour
1ml salt
5ml bicarbonate of soda
30ml water
400g baking milk chocolate
2 x 150g pkts Cadbury's Astro's for decoration.

Place Astro's in a plastic bag, seal and crush with a rolling pin. Cream butter and sugars together until light and creamy. Add vanilla essence and eggs and beat for a further one minute. Sift dry ingredients together and add to creamed mixture together with crushed Astro's. Mix to form a soft dough. If necessary add a few drops of water to bind dough. Spoon mixture onto a greased baking tray, making sure enough space is allowed for spreading. Bake in a preheated oven at 190°C for 12-15 minutes or until golden brown. Cool on baking tray before turning on to wire rack. Melt baking chocolate over boiling water. Spread over biscuits and decorate with Astro's to create flying saucer. The biscuits are delicious enough without the topping.

Variations: Add 50g coarsely chopped pecan nuts or sprinkle nuts to mixture

Add 10ml ground cinnamon to dry ingredients

BANANA CHOCOLATE TREATS

(Jilly Suttner)

1 slab dark chocolate
4-6 bananas

Melt chocolate in microwave oven or double boiler. Peel and cut bananas into chunks and dip in melted chocolate. Place on foil. When chocolate is dry put bananas into freezer. Serve frozen.

BUMBLE BEES

(Rita Reuben)

9-10 Weetbix - crushed
1 tin condensed milk
2 dessertspoons cocoa
coconut

Mix all three ingredients together. Leave in fridge for 1 hour. Roll into small balls and roll in coconut.

CHILDRENS' MICROWAVE PLAYDOUGH

(Barbara Solomon)

1 cup flour
1 cup water
 $\frac{1}{2}$ teaspoon salt
15ml oil
15ml cream of tartar
colouring

Combine dry ingredients. Add oil, water and colouring. Cook on full power (high) for 3 minutes. Knead well and store in an airtight container or sealed plastic bag.

CHOCOLATE BISCUIT FUDGE

2 cups sugar
 $\frac{1}{2}$ cup water
8 Tennis biscuits - crushed
3 Tablespoons cocoa
2 Tablespoons butter or margarine
 $\frac{1}{2}$ teaspoon vanilla essence
castor sugar for sprinkling

Place the sugar and water in a medium saucepan. Bring to the boil, boil for 4 minutes (start timing from the time it begins to boil). Remove from heat. Add the biscuits combined with cocoa, then the butter. Return to the heat. Bring to the boil again and boil for 2 minutes. Remove from heat and stir in the vanilla essence. Beat with a wooden spoon until it begins to thicken. Pour into a 260 x 170mm pan or dish. Cut into squares. Sprinkle with castor sugar, if desired, and leave to set.

CHOCOLATE CAKE

2 cups flour
5 Tablespoons chocolate powder
2 teaspoons baking powder
150 grams soft margarine
 $\frac{1}{2}$ cup sugar
1 teaspoon vanilla essence
3 eggs
1 cup of milk or water

Warm up the oven to 150°C. Take a round cake tin and oil it. Sift the flour, chocolate powder and the baking powder together. Put the sugar and the margarine in a bowl, and mix it well. Add the eggs and the vanilla essence and keep on mixing. Gradually, add the flour, chocolate powder, baking powder and the milk to the egg mixture. Then put it in the cake tin and bake for 45 minutes.

CHOCOLATE CRUNCHY MUNCHIES

(Rachel Suttner)

3 slabs dark chocolate
Rice Crispies
Mixing bowl
Foil covered tray

Melt chocolate in bowl, and put Rice Crispies in. Now mix. Once well mixed spoon out onto tray and leave out to dry.

Terrific Tip: You can also use corn pops and corn flakes!

CHOCOLATE ÉCLAIR MUFFINS

(Tracy Terespolsky)

2 cups flour
4 teaspoons baking powder
1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup water
2 Tablespoons oil
 $\frac{1}{2}$ teaspoon salt
2 teaspoons sugar
1 small packet chocolate eclairs

Sift dry ingredients. Beat egg with oil and add. Add milk and water. Then add sugar. Mix again. (It must be a soft consistency). Put a spoonful of mixture into greased muffin tins. Place one or 2 chocolate éclairs onto the mixture and then place another spoonful of muffin batter on top to $\frac{3}{4}$ fill each hole in the muffin pan. Bake at 230°C for 10 -15 minutes. (The chocolate éclair melts into the muffin as it bakes and makes a delicious toffee/caramel).

CHOCOLATE MARSHMALLOWS OR GRAPES

4 marshmallows or grapes
75g melted chocolate (preferably cooking chocolate)
coconut
toothpicks

Place each marshmallow or grape on the end of a toothpick. Dip in melted chocolate. Roll in coconut and allow to harden in fridge.

CHOCOLATE PEANUT BALLS

(Idan Chazen)

2 teaspoons drinking chocolate powder
1-2 teaspoons sugar
peanut butter

Roll peanut butter into balls. Add chocolate powder and sugar and mix. Roll balls in mixture and place in refrigerator.

CLOWNS

(Fiona Minsker)

Ice cream cones
Marie biscuits
Icing
Marshmallows
Smarties

Set cone on a Marie biscuit covered with icing. Make a face using icing and smarties. Use marshmallows for the hat.

COCONUT ICE

6 cups white sugar
1 cup water
3 cups desiccated coconut
2 Tablespoons butter or margarine
 $\frac{1}{2}$ teaspoon vanilla essence
pink colouring

Line a shallow (20 x 20cm) tin with buttered greaseproof paper. Dissolve the sugar in the water over low heat and then bring to the boil. Boil until the syrup forms a soft ball when a little is dropped into cold water. Remove the pan from the heat and add the coconut, butter and vanilla essence. Allow to cool slightly, then pour half of the mixture into the prepared tin. Stand the pan containing the remainder of the coconut ice in hot water to prevent it setting. Add pink colouring. As soon as the white layer has set, pour the pink coconut ice on top. Allow to set, then cut into squares.

CREAMY FUDGE

4 $\frac{1}{2}$ cups golden brown sugar
1 $\frac{1}{2}$ cups milk
2 Tablespoons golden syrup
100g margarine
397g tin full cream sweetened condensed milk
1 teaspoon vanilla essence

In a heavy-based saucepan, dissolve the sugar in the milk over low heat. Add the syrup and the margarine. Bring to the boil and boil for two to three minutes. Remove from the heat and stir in the condensed milk. Bring to the boil again and boil steadily until a little, dropped into cold water, forms a soft ball (about 25-30 minutes). Remove from the stove and add the vanilla essence. Beat continuously until the fudge begins to thicken and is almost at setting point. Pour into a greased 270 x 17mm pan. Cut into squares when almost hard. Makes 54 squares.

CRUNCHY SNACK

(Rachel Suttner)

corn flakes
condensed milk
tray covered in foil

Put condensed milk and corn flakes in a bowl. Mix until sticky then spoon out in lumps onto tray. Put in freezer until hard.

GINGERBREAD MEN

(Tracy Terespolsky)

2 cups cake flour
5ml ground ginger
125g margarine
100ml brown sugar
25ml golden syrup
a little warm water to bind

Decorations:

Raisins
Cherries
Chocolate Vermicelli
Icing

Set oven to 190°C. Place flour and ginger into a bowl. Rub in the margarine until mixture resembles fine breadcrumbs. Mix in the sugar and golden syrup. Knead lightly to form a smooth dough, adding water if necessary to bind. Place dough plastic wrap or a plastic bag and refrigerate for at least 1 hour. Roll the dough out on a floured board to approximately 5mm thick. Cut out into gingerbread man shapes. Transfer onto a baking sheet. At this point the biscuits can be decorated using cherries, raisins, sesame seeds, chocolate vermicelli etc. Bake the biscuits for 10 minutes and cool on a wire cake cooler. If biscuits were not decorated before baking, use icing to attach decorations or to decorate the biscuits.

GO BANANAS

Bananas - peeled
Wooden skewers
1 slab dark chocolate
Jam
Greaseproof paper
Crushed honey comb/crushed nuts

Just peel and put on a skewer and freeze overnight.

Carefully melt jam in a pan then brush over peeled bananas. Rest on greaseproof paper for 5 minutes. Meanwhile heat a big saucepan of water, put chocolate in a bowl and when water is boiling rest in pan. When chocolate has melted, roll jam coated fruit in chocolate and put in the freezer overnight. To add the extra flavour, roll chocolate covered bananas in chopped nuts or crushed honeycomb then put in freezer.

HAWAIIAN SAUSAGE ROLLS

(Idan Chazen)

Chopped pineapple
Toothpicks
Sausages
Bread slices

Put toothpick through sausage and pineapple pieces. Roll bread over pieces and add another toothpick and bake.

HONEY CORNFLAKE CAKES

(Jilly Suttner)

3 Tablespoons butter
2 Tablespoons sugar
1 Tablespoon honey
3 cups corn flakes

Boil butter, sugar and honey together for 3 minutes and then mix with corn flakes. Place in paper cookie cups and bake in a very cool oven for 10 minutes.

HONEY CRACKERJACKS

$\frac{1}{2}$ cup honey
 $\frac{1}{4}$ cup butter or margarine
6 cups popped corn
1 cup shelled peanuts

Heat honey and margarine in a saucepan until blended. Cool. Pour over popcorn which has been mixed with peanuts, stirring as you pour. When well coated, spread on a pan in a single layer. Bake at 350°F for 5-10 minutes or until crisp, stirring several times. The difference between 'crisp (not brown) and burnt can be a matter of minutes. Package in plastic bags and twist-tie.

ICE LOLLIES

(Rachel Suttner)

Fruit Juice - any flavour
Little plastic cups
Ice cream sticks

Pour fruit juice into cups. Put in freezer till half done then stick the ice cream sticks into the ice. Put in freezer until hard. When hard take out, run under water and pull cup off.

Tip: Small plastic teaspoons can be used instead of ice cream sticks.

MARSHMALLOW TREATS

(Stella Mozessohn)

2oz butter
30 marshmallows
5 cups Rice Crispies
1 teaspoon vanilla essence

Melt butter in large saucepan. Add marshmallows and cook over low heat, stirring constantly until melted. Remove from heat, add vanilla essence and stir well. Add Rice Crispies and stir well. Press warm mixture into greased tin. Cut into bars when cool.

MICROWAVE FUDGE

2 cups sugar
125g margarine
1 tin condensed milk
1 teaspoon vanilla
1 teaspoon vinegar

Mix sugar, margarine and condensed milk together in a large container - the fudge mixture rises to the top of the container - and cook in microwave on HIGH for two minutes. Stir to dissolve the sugar and margarine. Replace the mixture in the microwave and cook on HIGH for five minutes. Stir the mixture again. Replace the mixture in the microwave oven and cook on high for 3 to 5 minutes - until the mixture is a nice fudge colour. Add 1 teaspoon vanilla and 1 teaspoon vinegar. Stir well and pour onto a greased baking sheet. Cut into squares, cool and remove. Store in an airtight container.

WARNING: Be careful - fudge is very hot. Must be made under adult supervision.

NO BAKE BISCUITS

(Tracy Terespolsky)

400ml sugar
115g margarine
115ml milk
750ml oats
125ml coconut
45ml cocoa
50ml peanut butter

Combine sugar, butter and milk in a pot and boil together. Add the oats, coconut, cocoa and peanut butter and stir well. Drop spoonfuls onto a greased baking tray. Refrigerate or freeze until set.

PEPPERMINT BISCUITS

1kg icing sugar
2 egg whites
few drops of oil of peppermint essence
green colouring

Beat egg whites until stiff but not dry. Fold into icing sugar to make a firm fondant. Add a few drops of peppermint essence to taste. (Peppermint essence is strong-be careful). Knead the mixture on a board sprinkled with icing sugar until smooth. Divide in half and colour one half light green. Roll out the mixture then cut into circles about 2cm thick. Put on wax paper to dry.

RICE CRISPIE BISCUITS

(Fiona Minsker)

1 tin condensed milk
1 teaspoon icing sugar
 $\frac{1}{2}$ teaspoon cocoa (for each child)
Rice Crispies

Mix together until "wet chocolate". Add Rice Crispies. Place into greased biscuit pan or into individual cookie cups and set in fridge.

SURPRISE MUFFINS

(Tracy Terespolsky)

500ml vanilla ice cream
1 cup (250g) self-raising flour

Preheat oven to 220°C. Grease muffin pans. Place slightly melted ice cream and flour together in a bowl and mix well. Spoon the mixture into the muffin pans. Bake for 20 minutes or until golden brown.

Variation: Use different flavoured ice creams. Cut up fruit can be added into the ice cream muffin mixture.

TOFFEE APPLES

(Ettie Klein)

2 cups sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup golden syrup
 $\frac{1}{2}$ teaspoon cherry flavouring
3 drops red food colouring
Apples
Skewers

Bring ingredients to the boil and boil for approximately 25 minutes (275°C on candy thermometer). To test when mixture is ready to dip apples into, drop bits of mixture into a glass of cold water to see if balls are formed. Once apples have been dipped into mixture, place on foil until cold.

ICE
ICECREAMS

- need
- 2 cups of water
 - 4 tabel spoons of rasbery juws
 - 1 tabel spoon of lemen juws
 - 2 tabel spoons of suger

but the kind
you mix
in water

Make

take a bowle and put all the things
in it. Then take cups and the sam amount
of spoons then pour the mixture in the
cups and put the spoons in. Then put
it in the freeza for about half an our
and then take it out of the cups.

ENJOI!

CHOCOLAT CAKE

need

2 cups of flower

5 Table spoons of chocolat powder

2 Tea spoons ~~of~~ of baking powder

150 Grams of soft margerreen.

a half a cup of suger.

1 Tea spoon of vnila esans

3 eggs

1 cup of milk or water

make

Warm up the oven to 150 take a round thing for cakes and put oil in sift the flower, chocolat powder and the baking powder together put in a bowl the suger and the margerreen and miks it well add the eggs and the vnila esans and keep on miksing. Add the flower chocolat powder and the baking powder and the milk to the bole that you are miking but add it little by littel then put it in the round thing and Put in the oven for 45 minits

PANCAKE SAUCE

- Method:
1. Put the pan on the stove.
 2. Put the butter and sugar on the stove.
 3. Put the stove on at about number five.
 4. Leave it on for about 20 minutes.
 5. After 20 minutes take it off and there you have your sauce.

pan
butter
sugar

PEPPERMINT BISCUITES

- Method
1. Beat egg whites until stiff but not dry.
 2. Fold into icing sugar to make a firm fondant.
 3. Add a few drops of oil of peppermint to taste.
 4. (Note that oil of peppermint is very strong so take care)
 5. Knead the fondant on a board sprinkled with icing sugar until smooth.
 6. Divide in half and colour one half like green.
 7. Roll out the mixture and cut into circles about 2 cm thick.
 8. Put on wax paper to dry. (((((ENJOY))))))

1kg icing sugar
2 egg whites
oil of peppermint (essints)
green colouring

ICECREAM IN A BISCUIT

need

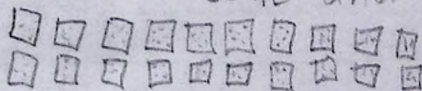
- 20 big biscuits
- 1 box of chocolate icecream



chocolate
icecream

Make

You take the biscuit and set them up in a row.



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TASTIC RICE

Tastic Rice is a special long grain rice, parboiled and **vitamin enriched**. Tastic Rice has more than double the vitamins compared to unenriched rice. Tastic's special **rinse-resistant enrichment** means the vitamins will not wash away should the rice be cooked with excess water, or rinsed after cooking. **Tastic Rice can be successfully used in all types of cooking.**

OLD MILL STREAM BROWN RICE

Old Mill Stream Brown Rice is a long grain, parboiled, **unpolished** brown rice. Due to the bran layer Old Mill Stream Brown Rice requires a longer cooking time than white rice. **Old Mill Stream Brown Rice can be included in a variety of salads, vegetarian dishes, fish, meat and poultry meals.**

BONNET AMERICAN WHITE RICE

Bonnet American White Rice is a long grain white rice. Due to its **mild flavour**, Bonnet is good with distinctive seasonings and flavourings. It is popular in America for **Cajun and Californian** cooking. In South Africa it is **well suited to casseroles and traditional and ethnic cooking**. The soft texture also makes it **the perfect rice for desserts.**

TASMATI AROMATIC BASMATI RICE

Tasmati Aromatic Basmati Rice is a top-quality, long grain, highly aromatic white rice. Tasmati makes an ideal accompaniment for a wide range of curries and spicy dishes and can be used to make other savoury and sweet dishes.

JASMINE FRAGRANT THAI RICE

Jasmine Fragrant Thai Rice is a high-quality long grain rice that has a delicate fragrance and slight stickiness when cooked. This quality makes it ideal when chopsticks are used, because it's easier to pick up. Jasmine rice is well-suited to all types of Western and European dishes, and is often used to make desserts.

TISOTTO ITALIAN ARBORIO RICE

Tisotto Italian Arborio Rice is a high-quality medium grain rice with a high level of starch. This grain is ideal for risottos as it cooks to a gentle creaminess, yet retains an al dente centre. Tisotto Italian Arborio Rice is best stirred frequently during cooking, with the stock being added gradually. Cooking time should be between 35 to 40 minutes. As Tisotto is a sticky rice, it is always used in dishes that require the absorption of liquid, and is never served as a plain. Ideal for desserts.

TSUSHI SUSHI RICE

Tsushi Sushi Rice is a short grain rice, also known as sweet, sticky or waxy rice. When cooked Tsushi rice is sweeter and stronger in flavour than other rice varieties. Tsushi Rice is the ideal rice for making sushi and other Japanese dishes.

TEPEE EXOTIC WILD RICE

Tepee Exotic Wild Rice is not, strictly speaking, a rice at all, but the seed of an aquatic grass native to Minnesota Lakes of the United States. When cooked it has a chewy texture with an earthy flavour. Serve as an accompaniment to meats, poultry, game or fish. Wild rice is often mixed into salads, soups, stuffings and stir-fry vegetables.

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